

**DR.OZ**

# THE GOOD LIFE

A New Magazine

MAY 2015

## EAT THE OZ WAY

**ON THE GO** PASTA!  
PIZZA! BURGERS!

From  
Crazed to  
Calm in  
5 Minutes



27

ANTI-AGING  
SECRETS  
DOCS KNOW

LOVE  
DESSERT?

The sweet way  
to slim down

**FREE BOOKLET**

Shortcuts  
to a Clean  
& Healthy  
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SENSATIONAL LASH NEWS.

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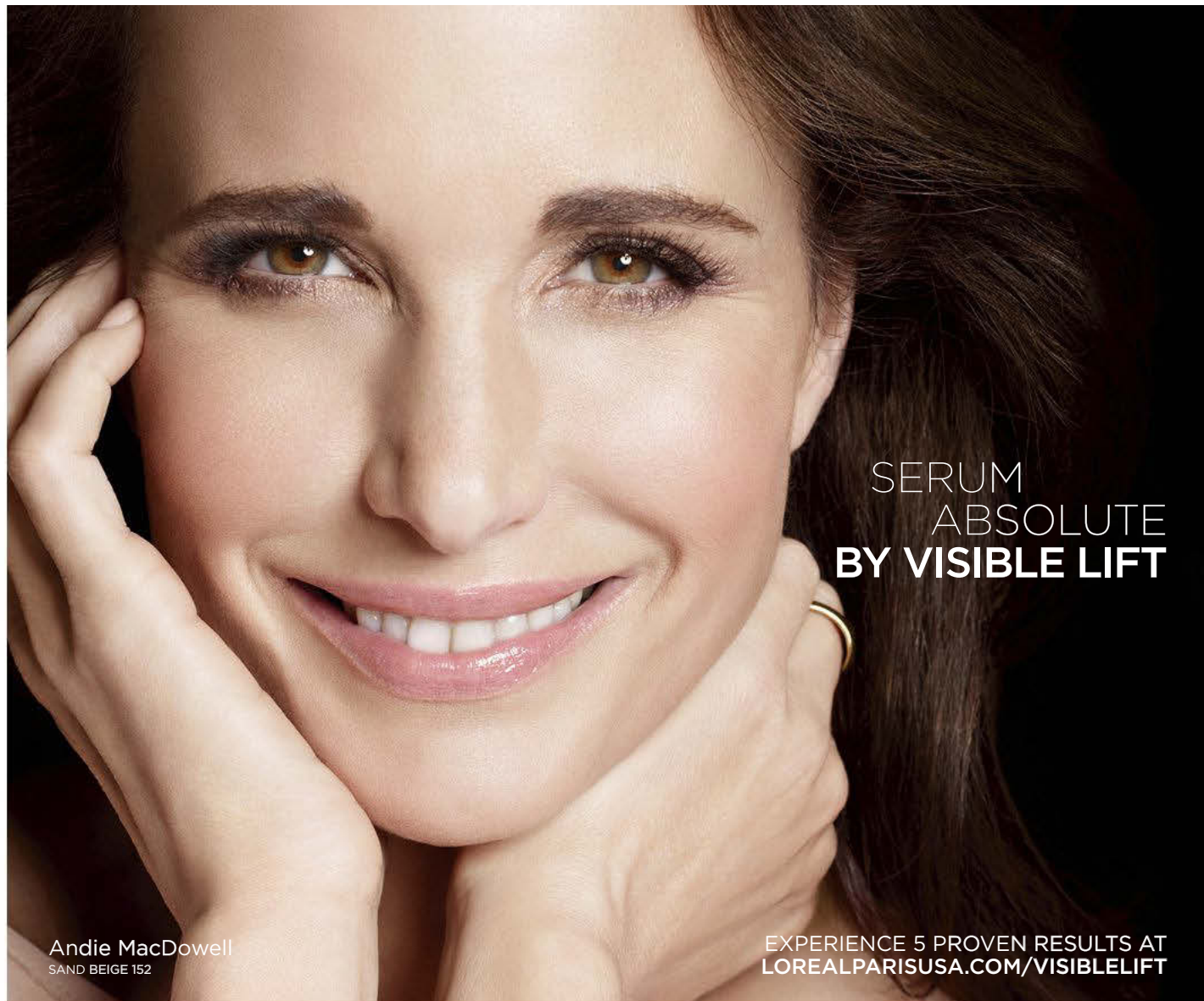
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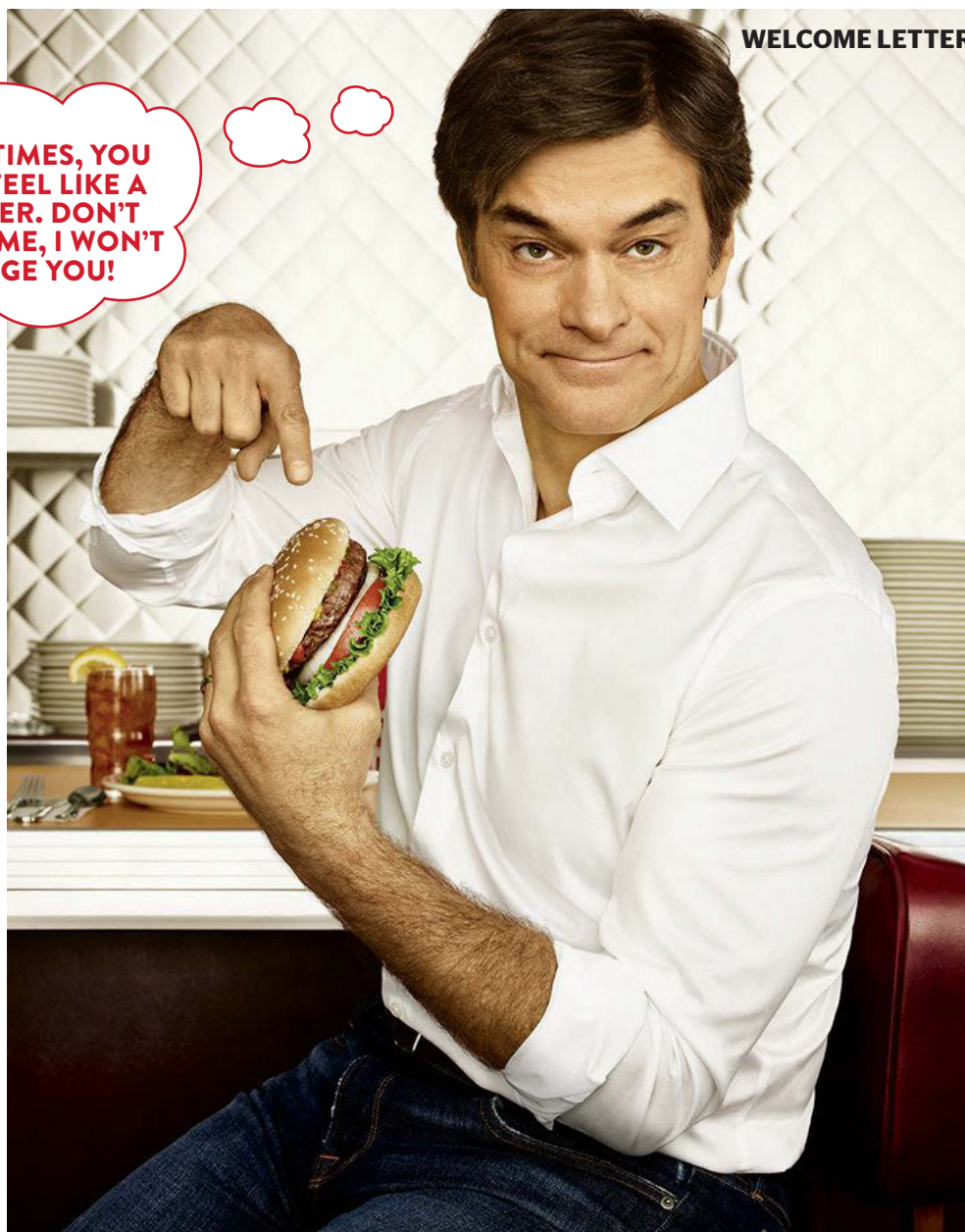
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SOMETIMES, YOU  
JUST FEEL LIKE A  
BURGER. DON'T  
JUDGE ME, I WON'T  
JUDGE YOU!

### WANT THIS ON A FRIDAY NIGHT?

Then order  
it without  
agonizing.  
Constant food  
guilt can bust  
your health  
more than the  
occasional  
burger does.



## Dr. Oz From the Heart

# Let's Lose the Food Shame

A few years ago, I was eating dinner with a smart and interesting guy who could talk about anything from medical advances to current events to business strategy. His weakness, like many people's, was food—he often made unwise eating decisions and he paid for them with poor health. So at the restaurant, after he ordered up the fettuccine Alfredo, he actually apologized to me. He was sorry that he was in bad shape; sorry he

was ordering something that wasn't going to help change that.

I didn't want his apology. In fact, I think his embarrassment is part of his problem. We use apologies as a verbal shield, telling the world that yes, we know better, but please don't think any less of us because we didn't order the dressing on the side. That guilty talk hurts all of us: Foods get labeled as either good or bad, and that



# Dr. Oz's Fridge List

5 switches to  
make this spring

## 1 **Mango season just started—stock up!**

Studies show that some ingredients in the tropical fruit may ward off cancer and diabetes, and support digestion. Slice a ripe one into a salad, smoothie, or salsa.

## 2 **Use a lighter-weight moisturizer.**

Thick creams coat your skin to keep moisture in and can also trap heat, making you sweat. Swap yours out for an oil-free moisturizer with glycerin that lets your skin breathe.

## 3 **Fight those allergies.**

Do you spend all spring digging at your eyes and sneezing? Try supporting your immune system by getting enough vitamins D and C and about 46 grams of protein a day.

## 4 **Toss old sunscreen.**

Throw out any bottles that are past their expiration date or more than three years old (that's when most formulas stop being effective). Refill your stash with fresh SPF.

## 5 **Get your dog a trim.**

Especially if Fido has long fur that can hide fleas and ticks (they're *baaack*). Bites from hard-to-spot young ticks are the most common cause of Lyme disease in people.

somehow extends to mean that *we* are either good or bad, depending on what we eat. Order the fish and vegetables: *You're a superstar!* Have an ice-cream sundae: *Stand in the corner!*

In addition to making you feel lousy about what you're eating, airing your food shame often makes other people at the table chastise themselves for what *they* ordered. No one wins, since the benefits of building strong social connections far outweigh the damage done by a couple of sausage links at a celebratory brunch. Plus, when people feel guilty about food, the negative self-feedback can create its own downward spiral: Guilt about eating could make you depressed, so you overeat to temporarily make yourself feel better.

We need to stop this right-or-wrong approach. "Perfect" isn't a layer cake of cucumbers and hummus served with carrot-stick candles. To me, perfection is when you find that delicate balance between healthy and hedonistic eating. You should be able to go to any restaurant and know what the best-for-your-body choices are (get an amazing menu guide on page 100) and also sometimes decide to splurge. As my wife, Lisa, says, what matters isn't what you do all of the time, but what you do *most* of the time.

The stuff you do every once in a while? That slice of wonderful red velvet birthday cake? Accept it. Savor it. No undercutting your choice with an "I'm sorry" or "I'm so bad."

People think that because I give health advice, I'm the biggest food shamer of all. But being a nutrition cop isn't my style, partly because I know it doesn't help anyone. Still, when I'm out to dinner with a group, I almost always hear some version of this: "I'm sorry, Mehmet, but I just want a little butter on my roll. Don't look."

I don't care. As long as you enjoy every buttery bite.

And you know what?

I eat pistachio ice cream. Sometimes right out of the container.

I drink wine. Sometimes a couple of glasses.

I eat red meat. Sometimes a big hunk of it.

The rest of the time, I'm really healthy. And I'm not sorry.



Mehmet Oz, M.D.





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Our amazing  
desserts  
won't derail  
your diet

### Cinnamon Peaches with Yogurt

Heat broiler. Stir together 3 Tbsp **light brown sugar** and ½ tsp **cinnamon**. Sprinkle over 6 halved small **peaches** (or **apricots** or **plums**). Broil on a baking sheet 6 inches from heat, turning sheet to evenly cook, until sugar is mostly melted, 1 to 2 min. Let cool on a platter 2 min. Sprinkle with 1 Tbsp chopped **mint** and serve with ½ cup **plain yogurt**. **SERVES 6** 86 cal, 1 g fat (0 g saturated), 2 g protein, 20 g carb, 18 g sugar, 2 g fiber, 8 mg sodium, 2 mg cholesterol



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**READ ON THE GO**  
You can get our magazine on your tablet!



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# Relaxed Fit<sup>®</sup>

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*Brooke Burke-Charvet*

- 
- A woman with brown hair, smiling, is sitting on a blue wooden bench. She is wearing a white sleeveless top with lace detailing, dark purple jeans with rolled-up hems, and grey Skechers Relaxed Fit shoes. She is wearing gold and silver jewelry, including a ring and bracelets. The background is a rustic wooden wall.
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# Your Smart Ideas

Thanks, everyone, for letting us in on your secrets for health and happiness.

## GOOD MORNING TIP

**"I wake up early, take five minutes to stretch, and think of three things I'm thankful for. It's the perfect way to start the day—with a positive attitude."** —Maddy Reichman

## MOVE AT WORK

**"If your job involves sitting all day, bring something small to help you exercise. I have a little pedal machine I keep under my desk so I can move my legs while I'm typing."**  
—Karen Ann Smith

## NATURAL BEAUTY

**"I use organic coconut oil to remove eye makeup and to moisturize my body and lips. It's gentle and hydrating, and it smells yummy!"**  
—Delia Langan

## GET FRESH HAIR OVERNIGHT

**"If I know I won't have time to shower in the morning, I shake a bit of baby powder into my roots before bed, as dry shampoo. I wake up, brush it out, and my hair has less oil and more volume."** —Krista Glencross

## BOOST YOUR WORKOUT

**"I find that if I need extra energy to exercise after a hard day, organic wheatgrass really helps me push through, and without any jittery side effects."**  
—Shelly A. Eure

**Editors' note:** Wheatgrass contains fatigue-fighting iron and vitamin C. You can try it as raw juice, a tablet supplement, or a powder poured into smoothies.

## BABY STEPS, BIG RESULTS

**"I work on making small, healthy changes. I have a daily list where I check off accomplishments. It motivates me to be able to put an X next to 'Walk' or 'Eat healthy breakfast.'" —Elizabeth Detering Dikici**

## GIVE YOURSELF A BREAK

**"The best shape-up advice I've ever heard is to have a goal and try not to panic if you stumble—just let yourself pause and regroup. I am working on getting back into my wedding gown from 1978. I've only got 5 pounds to go!"** —Sara J. Taber

## A PROTEIN-FILLED PARTY APP

**"I love deviled eggs but try to stay away from all that mayo in the filling. Instead, I put hummus in each egg white half. It's rich and nutritious."** —Diane Orlando

What's your favorite healthy lunch when you're on the go? Send your ideas to [Tips@DoctorOzMag.com](mailto:Tips@DoctorOzMag.com). Submissions may be edited for length and clarity.



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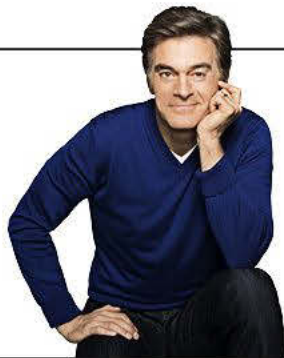
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# ASK DR. OZ ANYTHING

YOUR BURNING QUESTIONS ANSWERED!

Q

**Why do some people start going gray at a young age while others start decades later?**

**OZ SAYS** Some research hints that lifestyle factors like obesity and smoking may speed up the graying process, but the largest cause of those silver strands is this: Mom and Dad. At some genetically programmed point, the hair follicle stops signaling the color-producing cells to do their thing, although nobody really knows why, says dermatologist Amy Derick, M.D., of the Northwestern University Feinberg School of Medicine.

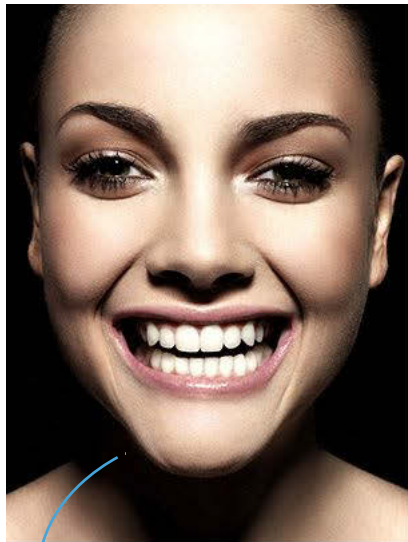
For many people, graying begins in the mid- to late thirties; it starts up to a decade later for those who are Asian or black. By the age of 50, half of the population has turned 50% gray. Your hair will probably change at the same time that one of your parents' did. While it may seem like it happens to men first, Derick says that grays hit both sexes at the same age—men just might be less likely to cover them up. And no, you can't go white overnight: The hair you already have won't change color; only new growth will.

Hair and now: Your genes determine when you'll go gray.

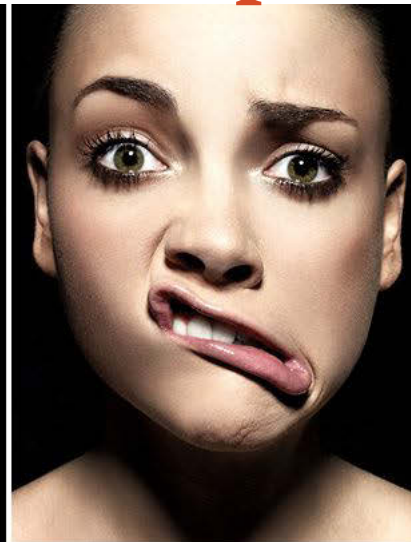


□ TRY IT OR □ SKIP IT?

# Facial Exercise Spas



Open wide  
and get  
younger?



Giving wrinkles  
the kiss-off isn't  
so easy.

**THE CLAIM** Buzzy “facial gyms” say that pushing and pulling on skin and making exaggerated faces can tone your tissue and fight off wrinkles.

**OZ SAYS** Wishful thinking! In fact, goofy facial movements (like puffing out your cheeks, sticking out your tongue, and puckering your lips) can deepen the expression lines that naturally develop over time, like frown lines and crow’s feet, says Rachel V. Reynolds, M.D., a dermatologist at Beth Israel Deaconess Medical Center in Boston.

You already give your facial muscles enough of a workout in a normal day, so there’s no need to add spa time for more. Just remember to include some smiles, OK? It looks great on you, and research has found that simply activating your smile muscles (even if you’re not jumping for joy inside) can bring on an actual happiness lift.

☒ **SKIP IT**



**Is it OK  
to take  
melatonin  
every night  
to sleep?**

**OZ SAYS** No! This natural hormone prepares your body for sleep, and I’m fine with taking a supplement now and then, like when you’re walloped by jet lag. I believe the common doses (3 to 5 mg) are too high, though, and ask people to use 1 mg or less.

But every night? Not recommended. “Melatonin is meant for short-term use only,” says David Kennaway, Ph.D., head of the Circadian Physiology Laboratory at the University of Adelaide in Australia. It hasn’t been studied for longer than eight

weeks, and some scientists think constant pill-popping could hinder your ability to make melatonin naturally.

If you need any pill to get to sleep every night, explore what’s keeping you up. Anxiety? Caffeine? Work with your doc to find solutions.





**BURT'S BEES**



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□ TRY IT OR □ SKIP IT?

## Apps to break your cellphone addiction

**THE CLAIM** Apps like Checky track how often you look at your phone each day—motivating you to unglue yourself from that screen.

**OZ SAYS** The average person checks her phone more than 100 times a day, and that constant state of “What did I miss?” and “Why didn’t he text me back?” may rev up your anxiety, do a number on your self-esteem, and even lead to

relationship problems, says Lisa J. Merlo, Ph.D., an assistant professor of psychiatry at the University of Florida College of Medicine.

If your total number of phone peeks surprises you, try cutting it in half—and think of all the extra time that will free up for stress-reducers like sleep, exercise, and chatting with someone other than Siri.

☒ TRY IT

Q

Coffee is dehydrating, right? So do you need to make up for it with extra water?

No.

**OZ SAYS** Stay with me here; this one is a little tricky. Caffeine is a bit dehydrating, but your cup of coffee really isn’t.

High doses of caffeine in pill form—more than 250 mg—have been shown to have a diuretic effect in studies, says top hydration expert Ron Maughan, Ph.D., professor emeritus at Loughborough University in the U.K. That means they make you lose a little extra fluid every time you urinate. But, he says, most caffeinated drinks have enough water in them to make up for this fluid loss. So they’re not shortchanging you.

In fact, one recent study found there was no difference in hydration status on days when people drank four cups of coffee compared to days when they drank the same amount of plain water. So your two to four cups of java—or even a pot of tea—aren’t going to end up leaving you extra dry.



Q

Do you really need to toss OTC painkillers like aspirin and ibuprofen when they’ve passed the expiration date?

**OZ SAYS** Yes, you do. An expiration date is there for a reason: It tells you how long the drug will be potent and effective, says Kathleen Hill Besinque, Pharm.D., of the University of Southern California School of Pharmacy. Past that, you can’t trust that the drug will do its job,

especially if you haven’t stored it in an ideal situation—you know, tightly closed, in a cool, dry place. Air, humidity, and temperature changes cause drugs to decompose—that’s what makes old aspirin smell like vinegar—and increase your risk of getting the side effects listed on the label. (So with

aspirin, that could be nausea, diarrhea, and heartburn.)

This is why you should think twice before stocking up at big box stores, says Besinque. “Will your family really use 1,000 pills by the time they expire?” Probably not. You won’t be saving money if you have to throw half of them out!



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□ TRY IT OR □ SKIP IT?

## DIY Orthodontia

**THE CLAIM** Popular YouTube videos swear you can fix a tooth gap on your own by squeezing teeth together with tiny rubber bands.

**OZ SAYS** There's a reason orthodontists haven't been replaced by YouTube videos. Results—if you achieve any at all—are temporary at best and often downright dangerous, causing inflammation, bone damage, and even tooth loss, says R. Scott Conley, D.M.D., of the University of

Michigan department of orthodontics and pediatric dentistry. “The rubber band will only tip your teeth together; as soon as you stop using it, they’ll go right back to where they were before,” he explains. (Professional braces, on the other hand, move the entire tooth, root and all.) Plus, rubber bands can slide up your teeth and wedge their way under your gums, requiring oral surgery (ouch!) to remove.

 **SKIP IT**

# Wow!


**Q** So now it's OK to give peanut products to babies so they don't develop a peanut allergy later? Why the total turnaround?

**OZ SAYS** Dramatic new research suggests that giving infants peanut products is a better way to prevent allergies than withholding them. The results were stunning—and hopeful. For decades, parents were told that delaying the introduction of this food would reduce the risk of kids having reactions. But peanut allergies in children have quadrupled since 1997 and are the leading cause of food-allergy-related deaths in the U.S. It's possible this thinking actually caused the rates to skyrocket. Kids may need early contact with peanuts in order to develop an ability to tolerate them later, says Rebecca Gruchalla, M.D., Ph.D., director of allergy and immunology at the University of Texas Southwestern Medical Center in Dallas.

The landmark study, published in *The New England*

*Journal of Medicine*, found that babies who were fed peanut products starting between 4 and 11 months of age lowered their chance of developing allergies to that nut by 70% to 80%—and these were kids at high risk for food allergies. In fact, only about 3% of peanut-eating babies became allergic by age 5, compared to roughly 17% of those on peanut-free diets. Thinking began to shift a few years ago, but this is the best evidence so far that the approach is wise. And some top food allergy experts believe new guidelines need to be drawn up.

If you're going to feed peanut products to your kids, be careful about it. Work with your pediatrician to determine the risks and agree on a schedule and system. (And check out which peanut products are best for you, too, on page 90.)



Really?  
Peanut butter?  
I can have  
that, Mom?







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## Q Are ancient grains better for you than regular ones?

**OZ SAYS** Not necessarily—but they're still worth eating. Although there aren't any labeling rules for what can be called "ancient," the name usually refers to grains that have remained largely unchanged for hundreds of years. So currently popular options such as amaranth, farro, Kamut, sorghum, spelt, and teff qualify. Their surge in popularity may have to do with the perception that they're gluten-free—although of those above, only amaranth, sorghum, and teff actually are.

On the whole, ancient grains don't have more fiber or protein than contemporary whole wheat does, says Joanne Slavin, Ph.D., R.D., a professor of food science and nutrition at the University of Minnesota. But they all have different tastes and textures, and the more diversity you have in your healthy diet, the more likely you are to keep good things going instead of getting bored and drifting back to, say, eating instant white rice.

If you're buying products like cereals or energy bars that say they contain ancient grains, choose products that list them among the first three or four ingredients. That way they're not just an afterthought, and you're more likely to garner the benefits of their fiber and nourishing parts.

**COOKING TIME-SAVER** Ancient grains can take 20 to 60 minutes to prepare, depending on the type. But you don't have to cook them fresh each time—make a big batch and freeze leftovers in containers or zip-top plastic bags for up to three months.

## Q CAN MY NAILS TELL ME SOMETHING ABOUT MY HEALTH? Yes.

**OZ SAYS** THEY CAN TEACH YOU A LOT. WATCH FOR THESE FINGERNAIL CLUES.



### White spots

**CULPRITS** Cutting or picking cuticles, or an injury to the base of your fingernail, can damage the soft tissue that grows into the hard nail. Removing polish that's been on too long (like four weeks) can also strip off surface cells, leaving a white area.

**FIXES** White spots tend to grow out or fade with time; buffing and moisturizing with cuticle oil helps make polish-induced spots less visible.



### Peeling or ridges

**CULPRITS** Nail cells have weakened from too much contact with chemicals (cleaning products; alcohol-based sanitizers), water (have someone else do the dishes!), or even major temperature changes.

**FIXES** Use gloves for cleaning, and avoid alcohol-based products on your hands. Research suggests biotin supplements (2 to 3 mg a day) may help strengthen nails, too.

**RED FLAG** If yours are suddenly a dry, breaking mess, check with a doc. It could signal a sluggish thyroid or protein deficiency.



### Concave nails

**CULPRITS** Iron deficiency anemia can cause nails to look spoon-shaped, like a drop of water could balance on them.

**FIXES** Ask your doc to test your iron levels—you may need a supplement. Nails should recover about six months after levels return to normal.

**Source:** Dana Stern, M.D., a dermatologist at Mount Sinai Medical Center in New York City



A close-up, high-contrast photograph of a person's face, focusing on the eye and the side of the head. The person is wearing dark sunglasses with a gold-colored frame. The lens of the sunglasses is highly reflective, showing a bright green and blue reflection. The person's skin is fair, and their hair is dark. The lighting is dramatic, with strong shadows and highlights.

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Customized Protection





# HEALTHY BODY

## 6 Fitness Moves for Lazy Days

How to tone up without actually *getting up*. Seriously—these are all designed to be done in bed.

BY JESSICA CASSITY

Shape up from your fingers to your toes in the world's comfiest gym.

On days when it feels like a drag to drag yourself out of bed, you can still get in some exercise. Keep these moves on your nightstand and pick one (or a few) to sneak in a little toning when you wake up or before you conk out. Bonus: "The softer surface of a mattress forces your muscles to work harder for stability and balance," says Pilates instructor Kristi Anderson, who designed the moves. Consider this your 100% doable—and effective—fitness pajama party.

STYLING BY ARGY KOUTSOTHANASIS. HAIR AND MAKEUP BY ERICA WHELAN FOR SIGMA PRO BEAUTY. PROP STYLING BY DEBORAH WILLIAMS AT ELYSE CONNOLLY. TANK TOP AVAILABLE AT ANTHROPOLOGIE. PANTS AVAILABLE AT VICTORIA'S SECRET. BEDSHEETS AVAILABLE AT WEST ELM.





## The Clam

Works glutes, hips, thighs

Lie on your left side with your left arm tucked behind your head and your right hand on the mattress. Your legs should be bent at a 45-degree angle. Keeping your feet together, lift your right knee as high as you can without letting your hips move, then lower back down; that's 1 rep. Do a total of 15 reps, then repeat on your right side.



## Simple Chest Lift

Works upper back, triceps

**A.** Lie on your stomach, holding a pillow behind you, as shown.  
**B.** Lift your chest and head while pressing down with your legs. Hold for 1 breath, then lower your head to the mattress, returning to the starting position. That's 1 rep. Repeat for a total of 10 reps.



## Flutter Kick

Works abs

**A.** Lie faceup with a pillow under your hips and raise both legs, as shown. (The lower you hold them, the more you work your abs.) Focus on keeping your back pressed down.  
**B.** Kick feet up and down slowly in a scissors-type motion, as shown (don't let heels touch the mattress). Do 20 kicks.





## Butt and Thigh Toner

Works glutes, hamstrings

Lie facedown and bend your right leg so your toes are pointed upward. While pressing your hips into the mattress, lift your right thigh up a few inches, as shown, then lower without letting your thigh touch the bed. Do 10 reps, then repeat on the opposite side.



## Easy Side Twist

Works core, back

- A.** Sit on the mattress with your legs in front of you and your arms held out to the sides, as shown.
- B.** Twist your shoulders and torso as far to the left as you can without moving your hips. Return to the center and repeat on your right side. That's 1 rep; do 10 reps total.



## Hip Raise

Works glutes, hamstrings, back, abs

- A.** Lie faceup with your legs bent and a pillow between your knees. Your feet should be flat on the bed and your arms by your sides, as shown.
- B.** Slowly lift your hips so your body forms a straight line, as shown, then lower. That's 1 rep; do 10 reps total.



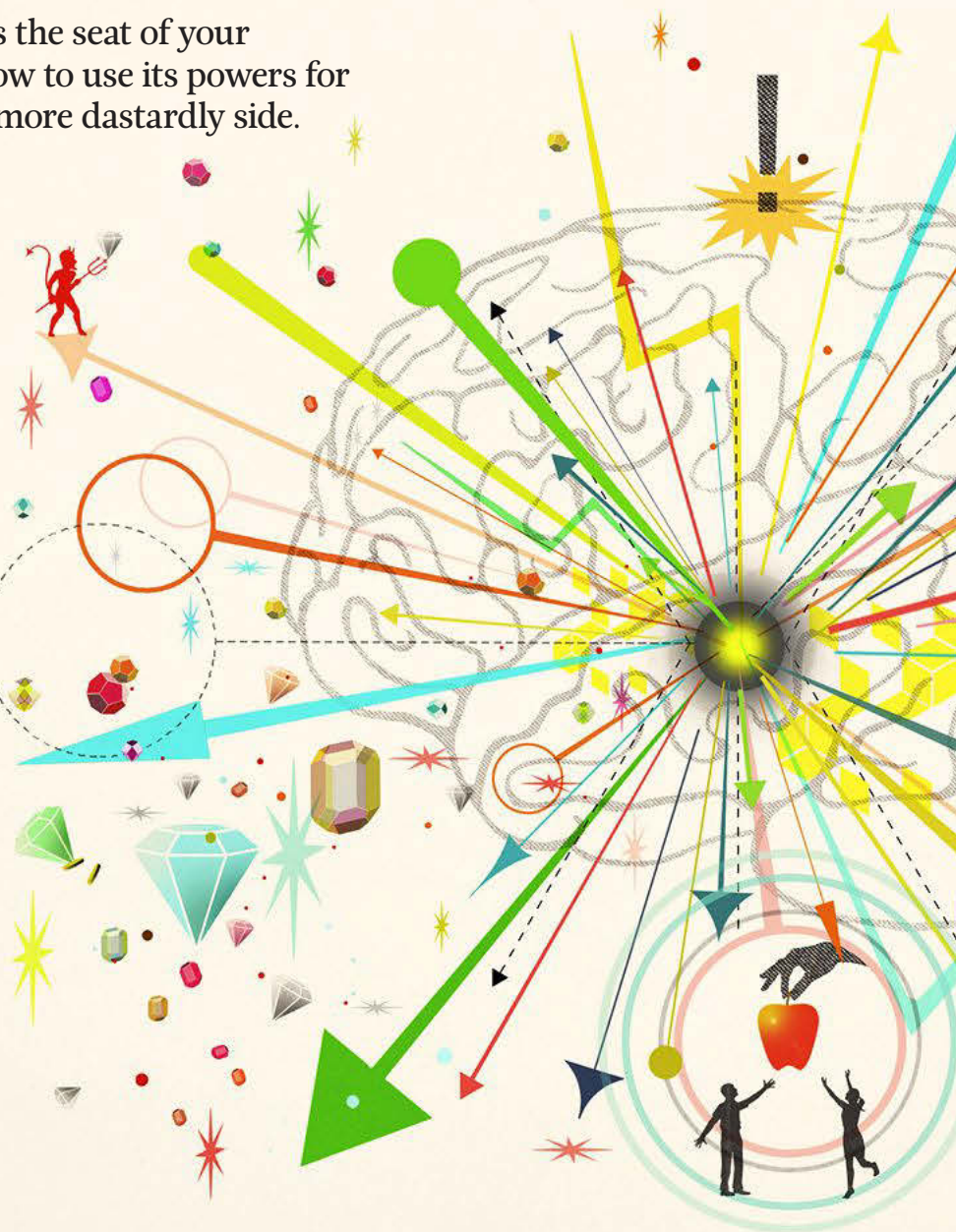
This tiny part of the brain is the seat of your cravings and fears. Learn how to use its powers for good—and keep a lid on its more dastardly side.

## It's the Devil on Your Shoulder...

The voice that's saying, "C'mon, get the fries"? That's your amygdala, the structure in the brain that kicks into high gear when you see something you want. This was useful when people spied foods they needed to gobble to survive, like berries on a bush, says Eric Stice, Ph.D., of Oregon Research Institute. Not so helpful in a modern-day food court. You can't completely mute your amygdala (and really wouldn't want to), but you can outsmart it. Picturing the negative effects of fries can stimulate the brain region that helps you abstain. Or you could put an obstacle between you and your craving (keep snacks on a high shelf, say).

## ...And Your Inner Danger Alert

What makes you jump when there's a snake in your path? The amygdala, your early warning system when danger looms. Its volume level, though, doesn't always match the threat—it can put out a five-alarm “fight or flight” signal when you're just hitting “send” on a touchy email. Being constantly on edge damages your health, so get your system back to normal with a 20-minute walk or some slow, deep breaths.





## It Tells Your Brain to Snap a Photo

You'll never forget your first fender bender. That's because when you experience something especially joyous, upsetting, or otherwise emotionally charged, you pump out adrenaline, which kicks your amygdala into high gear. This adrenaline-amygdala combo triggers your brain to capture the memory, like taking a picture. Why that's good: "A strong negative memory helps you avoid doing what you did before," says James McGaugh, Ph.D., a research professor at the University of California at Irvine.

## It Makes You a Good Friend

"Part of what the amygdala does is perceive distress in others, so it's an important structure for feeling empathy. People who are particularly helpful sometimes have larger and more active amygdalas," says James K. Rilling, Ph.D., an associate professor at Emory University School of Medicine. Emotions seated in your amygdala help you decide how to react when someone's upset (like apologizing if you hurt their feelings). On the flip side, research suggests that the amygdalas of some people with severe social problems—psychopaths—are 18% smaller than average. "They don't respond to negative feedback the way the rest of us do," says Rilling. "It doesn't teach them to avoid repeating bad behaviors."

**Additional sources:** Catherine Pittman, Ph.D., associate professor of psychology, Saint Mary's College, and author of *Rewire Your Anxious Brain*; Adam Safron, research scientist, Northwestern University

## The Basics



**PRONOUNCED**  
a-MIG-duh-luh

**YOU HAVE 2**  
One deeply embedded behind each ear, but scientists refer to them in the singular.

**SHAPED LIKE**  
An almond.

**SIZE**  
About the same as an actual almond.

**THE HUMAN DIFFERENCE**  
Other animals have an amygdala, and they're more ruled by it. We have a better-developed impulse control to keep urges in check.

### IT'S GETTING HOTTER IN HERE

When you're flirting, your amygdala is what spurs you to take the attraction to the next level.

### BETTER BUYING

If you take a risk and lose (think online final-sale blunder), your amygdala helps you remember the regret so you'll avoid a repeat.



# Stick It to Your Needle Fears!

Hate feeling like a pincushion when a doc needs blood? Wince at the thought of a flu shot? Learn how anyone—even phobics and fainters—can keep calm and carry on.

BY REBECCA WEBBER

Greatest medical inventions of all time? Needles would rank right up there. They deliver everything from vital vaccinations and blood transfusions to strong antibiotics and chemotherapy. They help numb us before dental drilling and put us into a painless surgical sleep. They save lives in a thousand ways...and yet, it's tough to be grateful when you're about to get poked.

Most of us experience a moment of dread when faced with an injection or blood draw, but we manage to keep our composure. Research suggests that more than 11 million people, however, have an outsize fear of needles—that's more than are scared of flying—and some of them admit they've avoided medical treatment as a result. The anxiety runs in families: Many needle-phobes have a first-degree relative who feels the same way.

An excessive fear of an object or situation is considered a phobia, and needle phobias can wreak havoc. Balk at a procedure requiring a needle stick and your doctor may miss a serious disease diagnosis or fail to treat a medical condition. Avoiders have even lost jobs and insurance coverage or been barred from school for putting off shots.

Wherever you are on the spectrum, from a tiny bit squeamish to so afraid you faint, you can learn to cope better

with preparation and a few strategies. "People everywhere worry when they feel they have no control," says David Ropeik, author of *How Risky Is It, Really? Why Our Fears Don't Always Match the Facts*. In the face of a needle, you have more control than you think. Worried about pain? There's more than one way to tame it. Feel like the needle-wielding technician has all the power? You can ask for special care. "The very act of figuring out how to make it less onerous can reduce your fear," says Ropeik. Between setting up that appointment and walking out with a Band-Aid on your arm, these ideas will take you from "Help! Get me outta here!" to "OK, I got this."



Fear of pain is a top needle worry. But numbing creams and new devices can take the ouch out.



# 11 Ways to Ease Needle Nerves

Whether you're facing a simple injection or a tougher needle experience, like a blood draw, we've got you covered.

## 1 Set your own schedule

You'll have more fear-calming control if you decide on the date and time you'll get an injection or test (when possible). Rather than take "first available," agree to a time when you're likely to be less rushed, more relaxed. Or plan way in advance, say, for your flu shot, writing it down in your calendar months ahead. "Spring the idea of a tetanus shot on me out of nowhere, and I'll panic. But I've been fine with elective procedures involving needles because I had time to mentally prepare," says Rebecca Lehmann, 39, of Chicago. "Doing it on my time line gave me a sense of being master of my own destiny."

## 2 Strategize with your doctor

If you have major willies, she can help make a needle experience easier with a few different prescriptions. For pain, a cream or patch containing lidocaine can numb the stick site. (Just be aware that patches take roughly 30 minutes to work, and creams require about an hour, so start early.)

For anxiety, your doc can prescribe a single dose of a drug like Xanax, Valium, or Ativan. This can reduce the activity of overexcited nerves in the brain, leaving you calmer about the process.

## 3 Make your veins easier to find

Being well hydrated makes your veins plumper and more accessible—and helps a test go faster because "the blood will flow more quickly," says Kara Lusk Dudley, a spokesperson for the American Red Cross Biomedical Services.

Drink plenty of fluids starting as early as 48 hours before your scheduled blood draw, and keep drinking water right up to your appointment, unless your medical team has told you to stop eating or drinking by a certain time.

## 4 Keep your arm warm

"If people are very cold, their veins will constrict," says Helen Maxwell, president of the American Society of Phlebotomy Technicians. This makes them harder to access with a needle. Wrap your elbow in a scarf or sweater, or ask the clinic for a heat pack (most facilities will have them). "I bring one of those little hand warmers and put it in the crook of my arm," says Jeannie Evanchan, 36, of New York City.

## 5 Say you're scared

"The tech should ask if you've ever had any problems having your blood drawn," says Maxwell. But if no one asks, you absolutely need to tell them, especially if you get light-headed or feel faint. It doesn't mean you're a wimp. "My dad is a super-tough Vietnam vet, and he's passed out getting shots too," says Evanchan. The clinic might have you lie down for the procedure, which makes fainting less likely and less dangerous.

Being clear about your fears also helps technicians turn on the TLC with sympathetic eye contact or a comforting pat. Even that touch can help a patient's veins relax and open up, says Maxwell.

"Once they tell me their concerns, I say, 'It's OK. I'm going to help you through this,'" says Renee Thompson, D.N.P., R.N., a nurse in Pittsburgh. "Then I reassure them. I tell them, 'I'm very good at this and have done it thousands of times. You're going to be just fine.'"

## 6 Ask about a "Buzzy" or a "DentalVibe"

Buzzy is the cute name of a palm-size electronic device. Studies have found that placing this little plastic gadget right next to the site significantly lowers the pain of a shot or stick. It confuses your nerve cells by cooling and vibrating the skin so they don't transmit the

# THE ANATOMY OF NEEDLE FEAR

Most people start with a fear response—your body revs up to fight or flee what scares you. For some, the body turns on these actions, too:



## Your blood vessels open

You release a chemical, acetylcholine, that makes your blood pressure drop and your circulation slow. This may have helped in caveman days: If cut by a sharp object or punctured by a claw, you'd want lower blood pressure so you'd lose less blood and it would clot more quickly.



## Your stomach churns

The acetylcholine causes you to release more digestive juices. Then the muscles in your intestinal tract clench and release, so you feel queasy and crampy.



## You might feel woozy

The lack of blood flow to the brain makes you light-headed.



## You could wind up flat on the floor

Fainting is your body's way of getting blood back into your brain—it has to work hard to do that if you're standing or sitting. If you're flat, the job is much easier. Gradually, your system normalizes and you're up on your feet again.



## THE GOOD LIFE REPORT

hurt to your brain. The device is used in more than 5,000 hospitals and clinics, but if yours doesn't have one, you can buy it yourself and bring it with you. (\$40, [buzzy4shots.com](http://buzzy4shots.com))

If it's the dentist's numbing shot you're fearing, a tool called a DentalVibe performs a similar trick: vibrating your gums as the needle goes in. Your dentist can do this the old-fashioned way if she doesn't have the tool. "My dentist holds my cheek and shakes it before giving me the anesthetic," says Susan Bender Phelps, 62, of Beaverton, OR.

### 7 Know your needles

A common piece of advice to the nervous is to ask for a wing-tip needle (a.k.a. a butterfly needle). These thinner, shorter tools do well in small veins, and the "wings" help the phlebotomist control them. They're usually used in adults' hands or in kids. The downside: They don't always reach the veins in adults' arms. Since they're more expensive, your lab may not have them or may be reluctant to use them for a standard draw. Give one a try if it's available, but know what to expect.

### 8 Look or don't look: It's your choice

Glance away from the needle, recommends the National Heart, Lung, and Blood Institute. Your brain reacts similarly to seeing a pinprick as it does to feeling one, and by averting your eyes, you can avoid the double scare. Yet some anxious people say the opposite works. "I read that it hurts less if you watch the needle going in," says Welmoed Sisson, 55, of Boyds, MD. "I was skeptical, but it's true for me, because there isn't that anticipatory dread of *When will it stick me?* Plus, if I don't watch, it feels like they're using a horse needle; the mind can really distort things. When I look, I see that it's tiny—and it also shows me that the technician is paying attention to doing a good job." Do whichever works for you.

### 9 Use body distraction

"To get your mind off the needle, you could concentrate on taking some sort of action," says Bernard Vittone, M.D., director of the National Center for the Treatment of Phobias, Anxiety and Depression in Washington, D.C. Physical distractions can help—he recommends pressing hard with your thumb on the leg opposite where the needle is.

If you're prone to fainting, fend it off by contracting your muscles—except in the arm being used—for about 10 seconds and then relaxing them for about 20 seconds. Start a few minutes before your stick and keep repeating the process until the procedure is over. Doctors call this "applied muscle tension," and it raises your blood pressure, which makes you less likely to pass out. It even works to just squeeze and release your calf muscles while you're sitting down, says Vittone. They're powerful muscles for pumping blood to the brain, which keeps you from fainting.

Another unconventional way to get your mind off things: "There was a time when I had to endure very painful shots in the bum," says Jennifer Bourgoyne, 49, of Austin, Texas. "One day, before the nurse stuck the needle in, she said, 'May I slap you?' I was taken aback. What? She said, 'Trust me, if I do, you

Over and out:  
Prep to finish  
goes faster than  
you think!



## When to Say "Enough!"

Some people's veins are harder to hit than others. "Really thin people may have very small veins that can make for difficult draws," says Helen Maxwell of the American Society of Phlebotomy Technicians. "Heavier-set people will sometimes have deeper ones that are harder to reach. And as you get older, you lose muscle, and then veins can roll away from the technician."

Even if you're a tough case, you don't have to feel helpless. Here's how to keep control:

► **DON'T LET THE TECHNICIAN STICK YOU MORE THAN TWICE,** says Maxwell. "After that, the confidence of the phlebotomist is gone and so is the confidence of the patient. And when that goes, the patient's veins are going to constrict."

► **SPEAK UP.** After a second miss, ask if you can take a break or see if another technician could give it a try. Something like "Can someone else start fresh here?" should get your point across without offending anyone.



won't feel it. I told her to go for it, and as weird as it was, I was so shocked that she slapped my backside, I honestly didn't feel the needle. I can't say you should try it, but it worked for me!"

## 10 Get chatty, or sing!

Experts have long suggested making small talk with the nurse or phlebotomist. "I recently had a technician who found out I love movies and was amazing at distracting me with loads of questions about them. That helped so much," says Dawn Serra, 36, of Fredericksburg, VA. Conversation also prevents you from holding your breath, which can make you feel woozy.

"I take the process differently if the patient is afraid of needles," says Julie Seiler, R.N., a nurse educator at the Johns Hopkins Hospital. "I'll try to take their mind to a different place. I'll ask them about their family or what they did over the summer. I want them to think outside their medical situation."

If you're not the gabby type, try counting backward from 100—people who did that in one study reported less pain. Another idea: "I know it sounds kooky, but as soon as the needle comes near, I close my eyes and sing 'The Star-Spangled Banner' in my head," says Bourgoyne. "Focusing on the lyrics and pitches takes my focus away long enough for the sting to be over."

## 11 Nothing working? Consider therapy

In extreme cases, people who've tried everything else can have success with a course of exposure therapy. You'll work with a therapist, looking at pictures, videos, and eventually real needles, and learn to change your emotional response to them, says Jason Prenoveau, Ph.D., an assistant professor of psychology at Loyola University Maryland. The process can often take multiple visits. Find a therapist through the Association for Behavioral and Cognitive Therapies (abct.org). And think positive; it's a big investment of energy, but it could bring you a huge amount of relief.



### DR. OZ GETS STUCK

Like most rational people, I hate needles. But as a child, I got weekly allergy shots that forced me to make peace with them. I'd visualize playing outside as the doctor got the seemingly huge needle ready. I never got used to them, but I did learn that our imagination can be more powerful than reality—which is good or bad, depending on how it's used.

## Road Test: Can Our Resident Needle-Phobe Get Braver?

By Maria Masters

I can't quite remember when my fear of needles began, but I can definitely recall the first time I passed out from a shot, when I was 10 years old. And the time I fainted in my high school cafeteria after a blood donation.

Until my early twenties, I had a near-foolproof method for managing my nervousness: I just didn't go to the doctor. (Cover your ears, Dr. Oz!) When I moved to New York City a few years ago, I realized this wasn't a long-term solution and found myself a good doctor, who gave me a preliminary blood test. I just barely managed to stay upright. When the results came back, she told me I should get a follow-up test. Yes, another stick. I put it off, and off, and further off.

Months later I read a draft of this story, and the tips inspired me to face the needle because I felt better prepared.

Before I arrived at my doctor's office that afternoon, I hydrated with lots of water and iced tea. When I got there, it was time for step two: Keep warm. I didn't know which arm they'd select, so I wore my coat and scarf until they called me in.

I warned the technician that I'm afraid of needles and asked, "Is it true it's better if you sing?"

"Yes, that can help," he said, since focusing on the lyrics

"Singing actually helped me, and the tech hummed along!"



distracts you from what's happening, and singing keeps you breathing in and out.


So I chose a Carrie Underwood tune that had been stuck in my head and started singing out loud despite my squawky voice (I sing in church, but sometimes wonder if I should apologize to God afterward).

I winced when the needle went in, which might have been out of habit, because it didn't hurt the way I remembered. I barely felt it at all, in fact.

Once it was over and the bandage was in place, I rested for a few minutes, then hopped up and got going. Looking back, I realize that my mind had been so focused on the steps I'd planned to take that I barely remembered to be afraid. Unlike my past (horrible) experiences, I felt empowered at the end of the process. Like I had beaten the needle instead of the needle beating me. ●



HEALTHY BODY



# HIS vs. HER HUNGER

He's salivating over a burger, you're jonesing for a cupcake—and you'll give in faster. Fed up? We've got tricks for hungry women.

## WHAT WE CRAVE

**Fatty foods.** Compared to women, guys are more likely to hanker for high-fat fare like burgers and steak, according to a University of Illinois study. That's because men tend to associate these hearty, meat-heavy dishes with attractive traits like strength and masculinity, says other research from the University of Pennsylvania.

**Sweet stuff.** The University of Illinois study also found that women crave sugar more than men do, especially comfort foods like cookies, ice cream, candy, and chocolate. But for females these treats also came with a load of guilt—more so than for an indulging man, who probably doesn't feel the same cultural pressure to diet.

## “DON'T EAT THE CAKE, DON'T EAT THE CAKE...”

**Men can push hunger aside.** And they might be better at it than women. According to a study in the *Proceedings of the National Academy of Sciences*, guys who fasted for about 18 hours and were told to ignore their hunger did this more successfully than women. There was simply less activity in the area of their brain that drove their decision to eat.

**Women can't stop food-fantasizing.** In that same study, brain scans of fasting females showed they were still thinking about food, even though they tried to distract themselves. Plan ahead for in-between meals with smart snacks like a small handful of trail mix or chocolate-covered almonds. They'll curb the sugar craving and pack in some protein and fiber.

## POST-WORKOUT MUNCHIES

**He doesn't need to eat after exercise.** One reason why guys don't raid the fridge following a sweat session is that their levels of ghrelin, the “hunger” hormone, stay relatively stable after a workout—whereas women's ghrelin levels rise, say researchers.

**She's famished.** A double whammy: Not only do her ghrelin levels go up (this helps explain why it might be harder for women to lose weight via exercise), her levels of leptin—the “fullness” hormone—fall. Beat hunger with a satiating snack like Greek yogurt and berries.

BY BLAKE MILLER

FOOD STYLING BY CLAUDIA FICCA AT APOSTROPHE



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# “I Fought to Lose Weight”

She had never worked out or cooked a meal at home, so how did **Jillian Diauto** drop **124 pounds**? Baby steps—and one big leap into the boxing ring.

AS TOLD TO SANDY M. FERNÁNDEZ

The first time I went on a diet, I was 8. Already, I knew I had a weight problem: Weeks before, I'd been in a supermarket, cracking up with my BFF, when a grown-up nearby said, “She’s awfully fat to be laughing that loud.” I was humiliated, and not long after, I asked my mom if I could go to Weight Watchers, where my friend’s mother went. Every week, I’d sit in a room full of middle-aged women, reporting my weight and everything I’d eaten.

There were a lot of things going on in my life at that point. My parents had separated when I was 6, and my older brother Jeremy and I lived with our mom. She worked a lot but we never had enough money: When the furnace broke one year, for example, we heated the house with the oven rather than getting it fixed. Instead of talking about how tough things were—I didn’t want to burden my mom—I learned to soothe my feelings by eating. My brother, in the meantime, was going through his own challenges and started drinking in his early teens. We were super-close, and it hurt and scared me to see that.

The day I graduated high school, I weighed 225 pounds. I gained even more during a bad relationship in my twenties. By the time I went to see a doctor about what turned out to be two herniated disks, I was over 265 pounds. He told me that, at my size, the same problems might return even after my back surgery, but I still didn’t lose the weight. At 29, this was my reality: I was a food addict, and no warning from my doctor could stop me from eating.

Then, three years later, my brother Jeremy went to rehab. He’d nearly lost everything—his home, his business—and was struggling to stay clean. I went after him ruthlessly: “You have to change!” I’d tell him daily. He’d say, “I’m trying, but you don’t understand. It’s really hard.” And I’d snap, “I don’t

265  
TO  
141  
POUNDS

**Jillian’s secret:**  
“I stopped forcing  
my emotions  
down with food.”



care!” I so badly wanted him to be happy and healthy. Then one day, it hit me: I needed to lead by example. I didn’t know where to begin—I’d never cooked a homemade meal, and the last time I’d exercised was 10 years before. So I did the one thing that came to mind: put on my sneakers and set out

**SITTING PRETTY**  
Turn the page to  
see Jillian, 37, in  
the ring—fierce  
and fabulous.

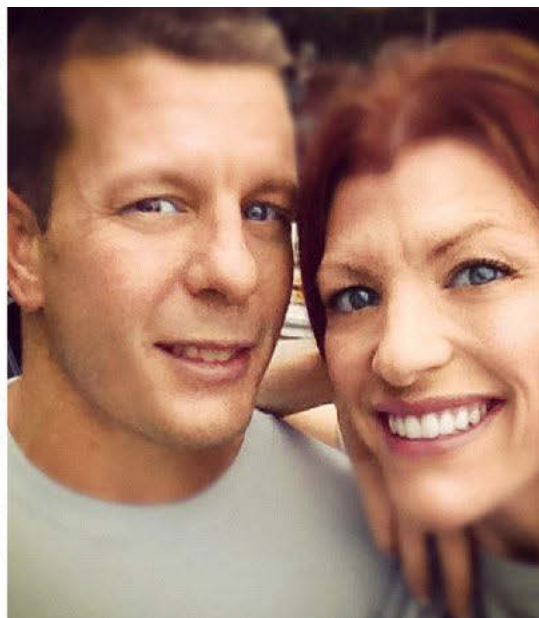


## HEALTHY BODY



**AT 30, BEFORE HER TRANSFORMATION**

**LEFT:** Jillian found her workout—and passion—at a boxing gym. **RIGHT:** “I support her 100%,” says brother Jeremy.



to run a mile. Within a few steps, a little voice in my head was screaming, *Stop!* But I finished the route, and couldn't wait to tell Jeremy. I did it again the next day. Then a coworker showed me a running app that posted on Facebook anytime I started it up. When people hit “like,” the sound of applause came through my earbuds. The first time I heard it, I gasped. That encouragement felt amazing.

My new philosophy: Try *everything*. I started lifting weights and loved it. I tried Spinning, ditto. Soon, I was taking all kinds of fitness classes, putting all my own pieces together, and figuring out which I enjoyed.

Since counting calories never worked for me in the past, I decided not to do it this time around. Instead, I threw out all the processed junk in my kitchen cabinets and focused on eating whole, clean foods and cooking them in healthy ways. (Think baked chicken with herbs, not fried wings.) I tore recipes out of magazines and followed them step-by-step. It was all one big experiment, but I was having fun with it, and the weight was coming off little by little.

By April 2011, I had lost 60 pounds. That's when I first set foot in a boxing gym. Years before, I'd been curious about boxing—I just didn't have the courage to check it out. When I finally did, though, the biggest benefit wasn't even the incredible workout; it was some-

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calories

Source:  
HealthStatus.com

thing I hadn't realized I needed. Boxing required me to rely on other people—say, to put on my headgear, wrap up my hands. Before this point, I'd been dropping pounds but going it alone, which was my usual MO in life. Early on, one of the guys tried to help me get my glove on and I yanked it away and said, “I can do it myself.” He grabbed it back and said, “Listen, Miss Independent, I'm going to put your glove on, and it's OK.” My eyes welled up. I thought, *Ah! All right, I need to take my walls down a little.* I shifted my exercise routine in order to box more.

Eight months later, I stepped on my scale and saw that I was down 100 pounds from my top weight. (I've since lost about 20 more.) My dog and I had a little dance party. Shortly after, I told my coach I wanted to box competitively. I began a Facebook page, “Living Inspired with Jillian,” to keep myself accountable and encourage others. It's grown to 8,000 followers. When I won my first tournament this past November, some of them came to cheer. Next? I plan to go pro.

This amazing life wasn't one I could have imagined the day I took my first run. Back then, I was focused on showing Jeremy that he could change. He's been totally clean for almost two years, and along the way, I realized I deserve to be healthy and fulfilled too. I'm still that little girl in the grocery store—but now I know I can laugh as loud as I want.



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# HEALTHY REASONS TO

# CLEAN HOUSE



Grubby kitchen towel? Touch at your own risk.

Save time and sanity by focusing on the grime hot spots that can make you sick. Here and in our pullout booklet, find easy germ-busting strategies—and no finger-wagging.

Whether you keep your home sparkly-rainbow pristine, or feel victorious when you manage to empty the dishwasher and swipe crumbs off the counter before heading to work, you'll find no judgment here. Dr. Oz just wants to make sure you deal with the areas that make a difference to your health.

Here's why: We underestimate the potential impact of these common germ-ridden spots, says Philip M. Tierno, Ph.D., a professor of microbiology and pathology at NYU Langone Medical Center. Sure, a dusty throw pillow may not send you into a coughing fit every time you snuggle into it, but under the right circumstances—allergies acting up, a weak immune system (thank you, stress), or just repeated contact with bacteria—your health can take a hit. That's why our clean-enough guide reminds you to pay attention to hazard areas we often overlook.

BY JESSICA MIGALA  
PHOTOGRAPHED BY ADAM VOORHES



# 5 COMMON CLEANING MISTAKES

## Thinking clean sheets = clean bed

"People assume that if they wash their sheets, they're fine," says Stanford University allergy expert Alan Goldsobel, M.D. But dust mites thrive in areas where they can burrow, like your comforters, duvet covers, and quilts. Throw those in the wash periodically; even if you don't have allergies, exposure to mites can trigger them.

## Fearing only the toilet seat

"You might be surprised by our finding that bathroom faucet handles are dirtier than the toilet," says Lisa Yakas, a microbiologist at the public health organization NSF International. The reason experts suggest swabbing them down at least once a week with disinfecting wipes? Gross but true: Faucet handles are the first thing you touch post-toilet, so they're often coated with fecal bacteria, including *E. coli*.

## Wearing street shoes indoors

"Your shoes can carry chemicals, pesticides, and pollutants," says Lauren Burton, a chemist and toxicologist at the Environmental Protection Agency. Leave them at the door, especially during summer (a stroll in the park isn't so fresh; soil often contains pesticides) and snow season (hello, ice-melt chemicals).

## Washing dishes, but not the sink

No one ever thinks of the sink as a bowl that needs scrubbing, but research shows it's germier than the countertops. "The kitchen sink is a catchall for bacteria that washes off raw meat and produce," says Catherine Cutter, Ph.D., a food safety expert at Penn State. "It deserves more attention!"

## Never cleaning the clicker

"Every time you touch the remote, you deposit bacteria and germs that are lingering on your hands," says Tierno. "If you handle it while eating, you risk transferring those germs to your mouth." So consider keeping alcohol-based disinfectant wipes nearby. Those TV snacks will be a lot tastier without a side of yeast, mold, or flu germs.



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DR. OZ THE GOOD LIFE

# Handbook

Housekeeping in a Hurry | MAY 2015

The

Dr. Oz

## Clean-It Calendar

No neat-freak advice here—just smart tips on what to clean when, so germs and allergy triggers don't mess with your health.





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**REMEMBER  
TO CLEAN**

# DAILY

## Kitchen Hand Towels

Using the same towel on your hands, counters, and dishes can spread around germs like salmonella and E. coli, causing tummy upset and even food poisoning, says a recent study. Designate three separate towels—cooking, counter, and hands—and grab a new towel for cooking each day, since it gathers the most bugs. Wash dirty ones in hot water and dry on high heat.

## Cutting Board

Cleaning this should be a habit like brushing your teeth: Clear surface debris first with a soapy sponge, then give it a good rinse, says Catherine Cutter, Ph.D., a food safety and sanitation expert at Penn State. If it's plastic, pop it in the dishwasher afterward for extra sanitizing.

## Kitchen Sink

Food-poisoning pathogens love hanging out here; in one study, 45% of kitchen sinks were found to have coliform bacteria like salmonella and E. coli. So when you're done loading the dishwasher, clean your sink. Consider it the last "dish" you do.

## Pet Bowls

You never forget to feed your pup, but you may be neglecting to clean

out his dish. If left unwashed, these bowls may become a breeding ground for bacteria like E. coli and staph. So to help keep you and your pet free from a not-so-fun run-in with, say, diarrhea or a skin infection, "wash your hands every time you touch the bowl, and stick it in the dishwasher every night," says Lisa Yakas, a microbiologist at NSF International, a public health and safety organization.





REMEMBER  
TO CLEAN

WEEKLY



## Doorknobs

Give them a quick once-over with a disinfectant every week, and more often during cold season or when anyone in your house is sick. Touching a doorknob and then your eyes or mouth = a straight shot of bacteria.



## Bedding

You can't actually see dust mites, but they're the most common cause of household allergies, and the bed is one of their favorite spots. Not sure whether you have a sensitivity? Waking up with sniffles or sneezes is a sign to watch for. And if you're not allergic yet, you're not necessarily in the clear; this is an allergy that can develop over time with exposure. Wash your sheets in the hottest water cycle and dry on high heat for 45 minutes. Comforters and duvets should be laundered the same way once a month.

## Floors

Even if the floor doesn't *look* dirty, it could be teeming with icky bad guys like cold and flu germs, fungi, and more. "Use a HEPA-filter vacuum on area rugs and carpets," recommends Johanna Congleton, Ph.D., a senior scientist at the Environmental Working Group. "They're the best at trapping small particles, like the ones that trigger allergies." And mop hard surfaces with your favorite floor cleaner.

## Bathroom Faucet Handles

We touch the bathroom faucet handle after using the john and before we've washed our hands—enough said. Swipe this bacteria hot spot with a disinfecting wipe about once

a week. Experts say it doesn't hurt to wipe it down more often, especially in the high-traffic bathrooms in your house.

## TV Remote

You may have heard that TV remotes have some of the highest levels of bacterial contamination in hotel rooms. It turns out, the one in your home carries microscopic critters too. So pull out a disinfectant wipe (like Clorox Disinfecting Wipes) once a week—and daily if someone in your house is sidelined with the sniffles or a cold, say experts.

## Couch

Germs like rhinovirus and MRSA can build up on soft surfaces, says Kelly Reynolds, Ph.D., an associate professor at the Mel and Enid Zuckerman College of Public Health. Cut back on buildup by giving your couch a quick weekly vacuum, and spritz with a fabric-safe disinfectant (test it on your upholstery first). That plus an annual steam clean should keep things healthy. If you rent a machine, you can get the job done in an hour.



**The toilet seat is a “touch spot” for men, and bacteria accumulates on the underside. Disinfect, boys!**



---

## REMEMBER TO CLEAN

---

# MONTHLY

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### Your Desk

Dust around objects and clean the surface of your desk with a disinfectant. But if you're a big-time desk snacker, try to give your keyboard and mouse a weekly wipe-down. "A buildup of food particles will fuel the growth of microbes," says Philip M. Tierno, Ph.D., a professor of microbiology and pathology at NYU Langone Medical Center.

### The Fridge Veggie Compartment

Get this: It's as big a health threat as the meat tray (which you should also clean, while you're at it). "People know raw meat is a risk," says Yakas. But stuff that grows in the ground can also carry microorganisms like *E. coli*, salmonella, and listeria from residual soil. Soap and warm water does the trick.

### Knife Block

No big surprise if you've never considered cleaning it, but over time, grime and moisture invade the slots, encouraging mold and yeast growth, says Yakas. You don't want that in your food. Shake out debris, wash the knife block in soapy water, and scrub the slots with a small brush.





REMEMBER  
TO CLEAN

YEARLY



## Curtains and Blinds

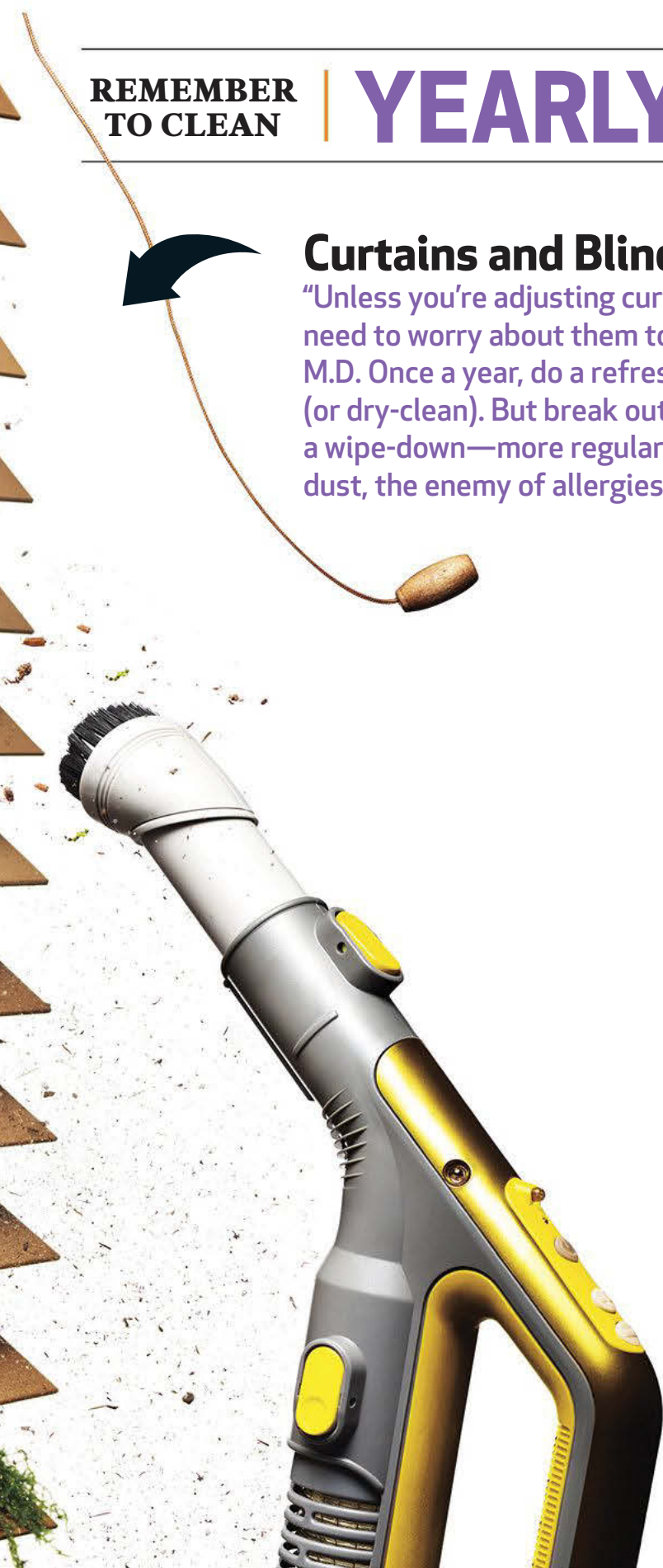
"Unless you're adjusting curtains constantly, you don't need to worry about them too much," says Alan Goldsobel, M.D. Once a year, do a refresh: Throw them in the laundry (or dry-clean). But break out the vacuum—and give blinds a wipe-down—more regularly, like every few months, to nix dust, the enemy of allergies and respiratory problems.

## The Water Dispenser on Your Fridge

"People never think to clean it, but we found a lot of yeast and mold buildup in the tubing and water-spout, which could set off an allergy attack," says Yakas. Using distilled white vinegar, scrub the spout with a bottlebrush, and funnel 3 to 4 cups of it through the water supply tube (check the manufacturer's instructions first).

## Carpets

Most carpets are washable, and a yearly steam clean or shampoo will lift embedded dirt, dust mites, and pet dander, all of which could be giving you the achoos. You can rent a machine and do this yourself (go to [rugdoctor.com](http://rugdoctor.com)), but if most of your home is carpeted, consider hiring a company. Either way, be sure to set up fans to dry the carpet thoroughly after shampooing (you can rent them at Home Depot); otherwise, you risk rolling out a welcome mat for mold.





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# WHAT HAPPENS WHEN...



## ...You get “brain freeze”

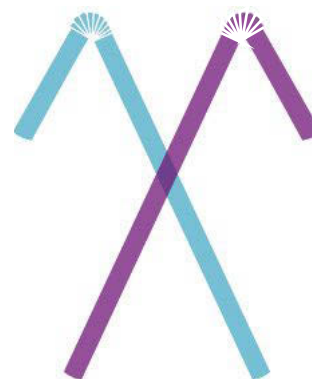
When a cold food or drink presses against the roof of your mouth or the back of your throat, it's thought that the surrounding blood vessels constrict, then rapidly dilate, causing that sharp headache, says Orly Avitzur, M.D., a neurologist and fellow of the American Academy of Neurology. To ease the pain quickly, drink something warm or push your tongue against the roof of your mouth.

## ...You get your period on the day of your gyno visit

**You may not have to cancel. Your doc can still do pelvic and breast exams, test for STDs, and answer any questions. If you're getting a Pap, ask your provider if she uses the older, conventional test, says Daniela Carusi, M.D., director of general gynecology at Brigham and Women's Hospital in Boston. If so, the blood might interfere with the sample. But if they use the newer “liquid Pap,” your swab might still be usable.**

## ...You scratch a mosquito bite

**It might feel satisfying, but that doesn't mean you should do it. “Scratching activates the part of your nervous system that's linked to reward, pleasure, and cravings, which is why we love to do it and why it's hard to stop,” says Gil Yosipovitch, M.D., chair of the dermatology department at Temple University School of Medicine. But scratching can damage the upper layer of skin where the itch originates, which leads to more itching. Plus, scratch hard enough and you'll break the skin and allow bacteria through, which could cause an infection. Reduce the tingling with an over-the-counter topical itch remedy.**



## ...You drink something that “goes down the wrong pipe”

This is one folksy phrase that's pretty accurate. We all have two tubes that open at the back of our throat: the esophagus (which leads to the stomach) and the trachea (which leads to the lungs). If liquid accidentally slips into the trachea, our body chucks out the unwelcome visitor by coughing and choking, says Richard Wunderink, M.D., a professor of pulmonary and critical care medicine at Northwestern University's medical school. Take smaller sips, and like Mom said, don't talk with your mouth full.



## ...You get a fluttering feeling in your heart

If it's just an occasional palpitation and the flicker lasts for a few beats (i.e., less than 10 seconds), it's probably nothing to fret about, says Prakash Deedwania, M.D., a professor of cardiology at the University of California at San Francisco School of Medicine. Anxiety, coffee, or alcohol can stimulate the stress hormones that give your heart a temporary kick. Just ease off on those triggers, and see the doc if it keeps happening.





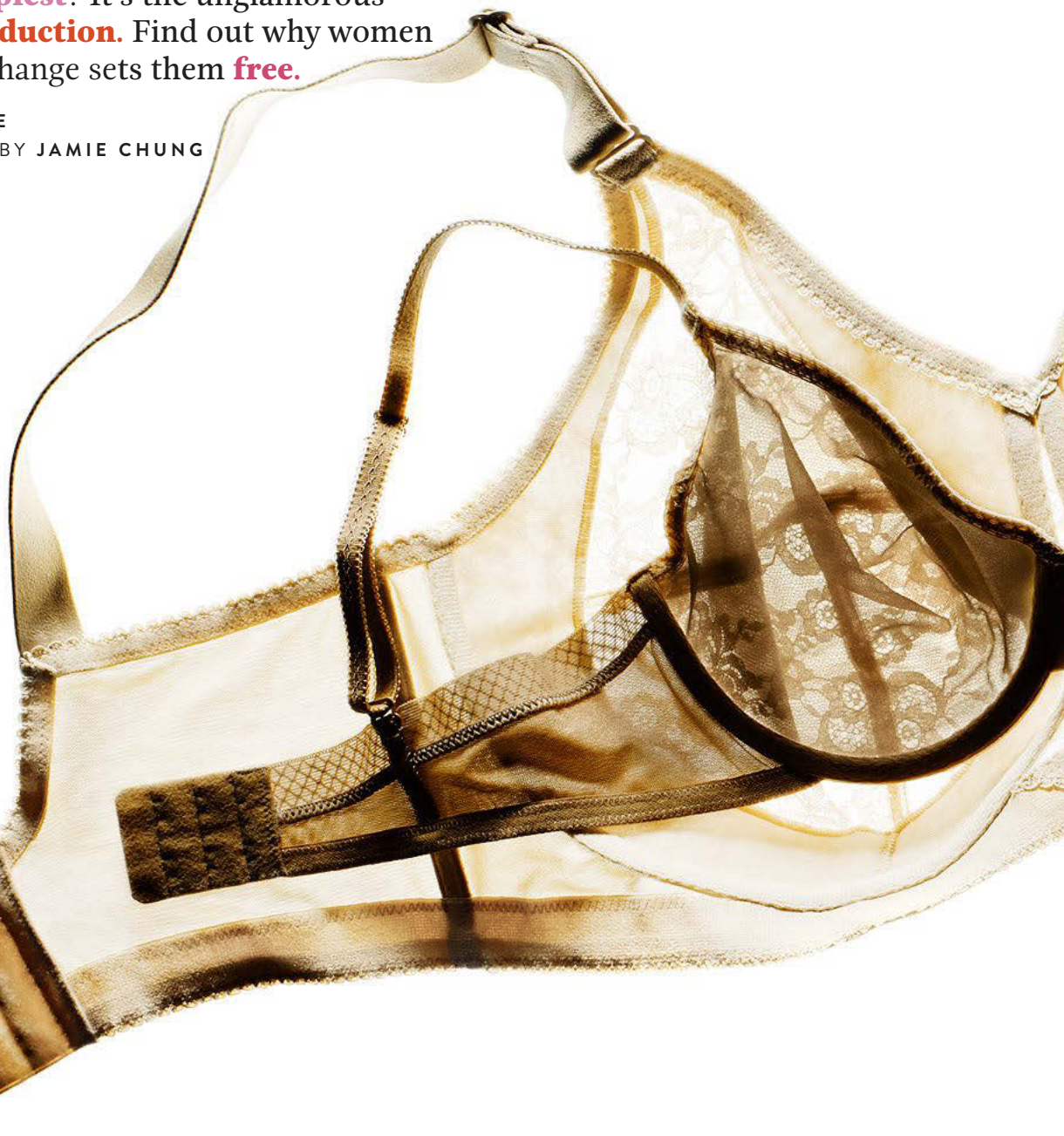
# UPSTAIRS, DOWNSIZED

Lipo, breast implants, and tummy tucks are the cosmetic surgeries women ask for **most**. But the one that makes patients **happiest**? It's the unglamorous breast **reduction**. Find out why women say this body change sets them **free**.

BY HALLIE LEVINE

PHOTOGRAPHED BY JAMIE CHUNG

This D cup is dwarfed by an HH. (But stores carry even larger sizes—the biggest now is an N.)







**86%**  
(or more) of women  
who get breast re-  
ductions are pleased  
with their results—  
that's nearly 10%  
more than augmen-  
tation patients.

**SINCE COLLEGE, 36-YEAR-OLD JESSICA GASSNER** had suffered from piercing back and shoulder pain brought on by her extra-large breasts—size DDDs that grew into size H's after she had her two sons. Leaning forward to do dishes was agonizing. Jogging was out of the question. Even sleep required a special support top. But the worst part for this stay-at-home mom was how her self-

consciousness about her body hijacked her attention, even distancing her from family and friends. "Every time we'd take a picture to mark a special occasion, the only thing I could see was how abnormally large my chest was," she says. "I'd think, *Is that really how I look to other people?* When we took family photos in 2011, I caught myself checking them for how my chest appeared *first*,



# 140%

About how much breast reductions have increased since 1997.

before noticing how beautiful my family looked together. I knew a breast reduction was overdue.”

With her operation the next year, Gassner became part of a trend. Since 1997, the number of breast reductions done annually has risen almost 140%, to nearly 115,000, according to the American Society for Aesthetic Plastic Surgery (ASAPS). Liposuction and breast augmentations still outnumber reductions by more than 2 to 1, but the procedure has an important distinction: Among plastic surgeries, its patients reported the highest rate of satisfaction—between 86% and 97%, depending on the study you look at.

The same impulse that drives people to invest in any cosmetic procedure lands women on the table for this surgery—they want to appear more in proportion and slimmer, or they simply yearn to fit into off-the-rack clothes. Beyond looking good in a T-shirt, though, many of these women are aiming to repair their self-image and be recognized for more than what fills their bras. And, above anything else, they are literally aching for change, having spent years, if not decades, in pain. “People think of this as a procedure that’s a lot less glamorous than, for example, breast augmentations,” says Michael Yaremchuk, M.D., a professor of plastic surgery at Harvard Medical School. “But there’s a reason women are so thrilled with it. It genuinely changes their lives.”

## Too much of a good thing

In our culture, big breasts get great PR. Think of Christina Hendricks or Sofia Vergara *va-va-voom*ing down the red carpet in cleavage-baring gowns. But most women who seek out breast reductions make those celebs look merely curvy.

Their condition has a name: macromastia (also known as breast hypertrophy), meaning breasts big enough to cause significant physical symptoms. (Gi-

gantomastia, a rarer and more extreme condition, occurs when breasts make up more than 3% of a woman’s total body weight.)

It’s not just your imagination: Breasts are larger these days. The number of overweight Americans is higher than it’s ever been, and our chests—which are

mostly fatty tissue—have grown right along with us. Where the average bra size was once a 34B, some manufacturers are reporting the new normal to be a 36D or larger.

Not surprisingly, neck, back, and shoulder pain are the main reasons women cite for seeking out reduction surgery. “Because of my breasts, I couldn’t hold my sons normally against my body when I carried them,” Gassner says. Her chest actually came between them. “So holding my children hurt me.” Other top complaints include headaches, ugly chafing and rashes, and deep shoulder grooves or bruising where bra straps dig in. “Even going for a walk was a major production that involved putting on a regular bra and two sports bras,” says Sharlene Shubin, 54, a homemaker in Orange County, CA, who reduced her 34G breasts two years ago.

Beyond physical pain, “women can feel like they’re seen as their breasts first and as themselves second—particularly if they’re shorter or smaller framed and their dominant feature is their chest,” says Melanie Katzman, Ph.D., an associate professor of psychology at Weill Cornell Medical College in New York City. “Essentially, a sexualized body part is entering every conversation and defining every social experience for them.”

For Laura Hahamian, a 39-year-old insurance agent in Irvine, CA, that meant spending her twenties—particularly the years she was enlisted in the mostly male Army—hiding inside huge, baggy clothes. “I’m 5 feet 3 inches with a small waist, and my double-G breasts made me feel ridiculously self-conscious,” she says. “I couldn’t wear normal workout clothes like the women around me. I had to cover up.” After years of feeling conspicuous, commented on, and held back, it makes sense that the surgery brings women a life-satisfaction lift.

## The decision to go down a size (or three)

Many women who opt to go under the knife say they’ve been thinking about having a breast reduction since they were teens, yet most wait to have the operation until they’re in their thirties, forties,

**“I had to go buy these old-lady bras with triple-thick straps and three clasps on the back,” says 35-year-old Melissa Smith. “I thought, I’m too young to look like this.”**





G'bye, single clasp! These days, most of us need much more support.

# 36D

That's the new average bra size, up from 34B in 1983.

fifties, or even older. They've traditionally held off through childbearing, because doctors can't guarantee they won't have problems breast-feeding. (That said, a 2010 review found no differences in breast-feeding ability between women who'd undergone reduction and those who hadn't.)

Some people's chests don't become truly problematic until they've lived a little. "As women get older, their breast tissue loses elasticity, so their breasts droop. It's like a Slinky pulling everything down," explains Daniel Mills, M.D., vice president of ASAPS and a plastic surgeon in Laguna Beach, CA. Then, when women hit perimenopause, surges in estrogen levels can cause breast tissue to swell. The effect subsides eventually but may serve as the last indignity. "My chest had always been large, but it became huge," says Eileen Ziper, 56, of Monmouth Junction, NJ, who was a school psychologist near retirement when she underwent a breast reduction four years ago. "I worked in a

vocational school where 90% of the students were teenage boys with raging hormones. I'd walk into shop class and think, *I don't want to be dealing with gawking at this point in my life.*"

The next generation may not wait for pain and frustration to mount before making a change: Breast reduction is now the third most popular cosmetic surgery with women 18 and under.

## Who foots the bill?

Once a woman decides to downsize, insurers don't always pave the path to the O.R. Most companies demand that *all* potential patients spend at least a few months exhausting less invasive options before resorting to surgery: specialty bras, over-the-counter painkillers, physical therapy, skin creams for rashes. They ask for a stream of tests to rule out other possible causes for the woman's pain (such as a herniated disc). Gassner's insurance denied her claim twice before finally approving it. Ziper tried to follow protocol by doing a year of therapy, but when her insurance company wanted her to visit even more experts, she threw up her hands and paid out of pocket for her surgery.

Overweight women may land in a catch-22. It's generally better to do breast surgery after weight loss—obesity can bring on surgical complications, and a drastic drop in pounds after a reduction can

## HOW FAST DO YOU HEAL?

"Unlike with other cosmetic procedures, like tummy tucks and nose jobs, in a breast reduction the surgeon isn't cutting into muscle or bone, so there's much less postoperative discomfort and recovery is much quicker," says Arthur Perry, M.D., an adjunct professor of surgery at Columbia University in New York City. Most women are back to work after a week or two, though doctors tell them to stay away from activities that may raise their heart rate or blood pressure (like exercise or sex) for about three weeks. The amount of scarring varies widely: Some patients say that after they heal, they can barely see a light line,

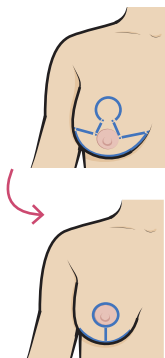
while other women—particularly darker-skinned ones—scar more notably, sometimes dealing with thick bands that can require a second surgery. About a third of reduction patients suffer from complications such as infection, delayed wound healing, or loss of sensation, according to a recent Swedish study. Unnerving numbers, but compare that to a tummy tuck, which has a complication rate of more than 40%. Women over age 50 are more likely to run into problems after a reduction, possibly because declining hormone levels make it harder for their bodies to bounce right back, research shows.



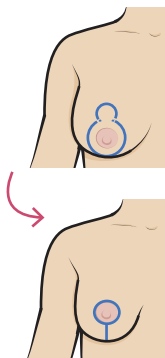
## WHERE WILL MY SCARS BE?

Surgeons cut along the blue line, remove tissue and extra skin, move the nipple into place, and close up the incision, so the major scars wind up hidden below the breast.

**“Anchor” incision**



**“Lollipop” incision**



make breasts look deflated. So, many insurance companies won't pony up money for a breast reduction procedure until you shed some weight.

“But for most of my patients, the size of their breasts makes exercise extremely difficult,” says Yaremchuk. Good luck losing weight without being able to work out.

It's frustrating, agrees New York City plastic surgeon Scot Glasberg, M.D., president of the American Society of Plastic Surgeons. “Patients often have to wait a year or more for approval,” he says. “Though I'd say roughly 80% of them are able to get the surgery covered in the end.”

## Waking up lighter

When 57-year-old Elizabeth Fertig opened her eyes after her breast reduction procedure this past November, she immediately noticed the difference. “Right away, it felt like a weight had been lifted off my chest, and I could breathe better,” she says. “My surgeon had taken two pounds total from my breasts, but it felt like 10. Afterward, my friends thought I had just lost weight!”

That's not to say there isn't some adjustment. Surgeons sculpt the bust so it will settle into its best form once healing is complete, but getting to that end result can require patience and a little imagination. Gassner was shocked when she first unwrapped herself postsurgery and found two flat, square-shaped lumps.

“I'm a bright-side, silver-lining girl, but I fell into a depression,” she wrote in an online post shortly afterward. “My breasts had been a burden physically and emotionally my whole life, yet they'd become part of my identity: I was the girl with the huge rack. I really struggled with losing that cornerstone. I felt like less as a woman.” Her doctor later explained that healing would help: Gassner's new breasts looked small because her entire body was swollen, collarbone to belly button. “But I had no frame of reference, because I'd never seen my torso not covered by enormous breasts,” she says. Three years later, she's happy at the trimmer size she wanted to be: a double D. (Reduction surgery can still leave you larger than average.)

Once patients are back on their feet, a cascade of other healthy changes may follow: They stand taller, move more comfortably, and some women go on to lose a significant amount of weight.

Most studies also report a major uptick in quality of life. “I can't tell you what it means to walk into Victoria's Secret and buy a normal bra,” says Melissa Smith, 35, a stay-at-home mom from Carmel, IN. “Men used to look me up and down. Now I can wear sundresses without causing a huge spectacle. I can wear bikinis! I feel much more confident.” Her husband, Andrew, concurs. “Before the surgery, Melissa felt like people just saw her breasts and nothing else. She was self-conscious and uncomfortable,” he says. “That anxiety is gone for her now.”

The biggest difference, though, comes in ordinary, everyday activities. “I can easily wear a seat belt or life vest, or go on rides at an amusement park now,” says Gassner. “I almost never get headaches. I remember once, about three months after the operation, I decided I wanted to put together a jigsaw puzzle. After a while, I realized I'd been leaning over our kitchen island for about four hours! That would have been an endurance test in the past. I'd never, ever choose to go back.” Ditto for Hahamian, who six months after her surgery ran a 5K race, something she'd been hankering to do for years. “I was so proud of myself when I crossed the finish line—it would have been unthinkable five years ago because of the pain,” she says. “My breasts aged me before my time. Now I have my life back.”

## MEN GET BREAST REDUCTIONS TOO

**Yup, it happens to guys.** Up to 60% of all men will develop some degree of gynecomastia—a swelling of the breast tissue—at some point in their lives, according to the University of Texas Southwestern Medical Center. For some, the problem will be extreme. Thanks to that, along with the current rates of obesity, reductions in men have more than doubled since 1997. They're now the fourth most common

cosmetic surgery procedure for guys after liposuction, nose jobs, and eyelid surgery, to the tune of about 24,000 reductions a year. The procedure costs less for men—surgeon's fees average about \$3,400 to the \$5,500 or so that women pay, because it's a shorter operation. But it's rarely covered by insurance, so most end up footing the bill themselves. Sorry, gentlemen.



**JUBLIA<sup>®</sup>**  
(efinaconazole)  
Topical Solution 10%

**TOENAIL FUNGUS?**

— DON'T HIDE IT —  
★ **TACKLE IT** ★  
**WITH JUBLIA**



Individual results  
may vary.

**JUBLIA is an FDA-approved prescription topical solution proven to treat toenail fungus (onychomycosis).**

JUBLIA is specifically formulated to reach the site of onychomycosis and fight the fungus that can live beneath the toenail — allowing some patients to have clearer toenails grow back. It's time to tackle toenail fungus.

**Indication**

JUBLIA (efinaconazole) Topical Solution, 10% is a prescription medicine used to treat fungal infections of the toenails.

**Important Safety Information**

- JUBLIA is for use on nails and surrounding skin only. Do not use JUBLIA in your mouth, eyes, or vagina. Use it exactly as instructed by your doctor.
- It is not known whether JUBLIA is effective in children.
- Before you use JUBLIA, tell your doctor about all your medical conditions, including if you are or plan to become pregnant, are breastfeeding, or plan to breastfeed, because it is not known whether JUBLIA can harm an unborn fetus or nursing infant. Tell your doctor about all medications you are taking, and whether you have any other nail infections.



Ask your doctor  
if JUBLIA is right  
for you and visit  
**JubliaRx.com**

- JUBLIA is flammable. Avoid heat and flame while applying JUBLIA to your toenail.
- Avoid pedicures, use of nail polish, or cosmetic nail products while using JUBLIA.
- JUBLIA may cause irritation at the treated site. The most common side effects include: ingrown toenail, redness, itching, swelling, burning or stinging, blisters, and pain. Tell your doctor about any side effects that bother you or do not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please see Patient Information for JUBLIA on next page.**



# PATIENT INFORMATION

## JUBLIA (joo-blee-uh)

(efinaconazole) Topical Solution, 10%

**This Patient Information does not include all the information needed to use JUBLIA safely and effectively. Please see full Prescribing Information.**

**Important information: JUBLIA is for use on toenails and surrounding skin only.** Do not use JUBLIA in your mouth, eyes, or vagina.

---

### What is JUBLIA?

JUBLIA is a prescription medicine used to treat fungal infections of the toenails. It is not known if JUBLIA is safe and effective in children.

---

### What should I tell my healthcare provider before using JUBLIA?

Before you use JUBLIA, tell your healthcare provider about all your medical conditions, including if you:

- are pregnant or plan to become pregnant. It is not known if JUBLIA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if JUBLIA passes into your breast milk.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

---

### How should I use JUBLIA?

**See the “Instructions for Use” at the end of this Patient Information leaflet for detailed information about the right way to use JUBLIA.**

- Use JUBLIA exactly as your healthcare provider tells you to use it. Apply JUBLIA to your affected toenails 1 time each day. Wait for at least 10 minutes after showering, bathing or washing before applying JUBLIA. JUBLIA is used for 48 weeks.

---

### What should I avoid while using JUBLIA?

- JUBLIA is flammable. Avoid heat and flame while applying JUBLIA to your toenail.
- Avoid pedicures, use of nail polish, or cosmetic nail products, while using JUBLIA.

---

### What are the possible side effects of JUBLIA?

JUBLIA may cause irritation at the treated site. The most common side effects include: ingrown toenail, redness, itching, swelling, burning or stinging, blisters, and pain. Tell your healthcare provider if you have any side effects that bother you or that does not go away.

These are not all the possible side effects of JUBLIA.

Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

---

### How should I store JUBLIA?

- Store JUBLIA at room temperature, between 68°F to 77°F (20°C to 25°C). Do not freeze JUBLIA.
- Keep the bottle tightly closed and store in an upright position.
- JUBLIA is flammable. Keep away from heat and flame.

**Keep JUBLIA and all medicines out of the reach of children.**

---

### General information about the safe and effective use of JUBLIA

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or healthcare provider for information about JUBLIA that is written for health professionals. Do not use JUBLIA for a condition for which it was not prescribed. Do not give JUBLIA to other people, even if they have the same condition you have. It may harm them.

---

### What are the ingredients in JUBLIA?

**Active ingredients:** efinaconazole

**Inactive ingredients:** alcohol, anhydrous citric acid, butylated hydroxytoluene, C12-15 alkyl lactate, cyclomethicone, diisopropyl adipate, disodium edetate, and purified water.

Manufactured for: Valeant Pharmaceuticals North America LLC, Bridgewater, NJ 08807 USA

Manufactured by: Kaken Pharmaceutical Co. Ltd, Shizuoka, Japan. Product of Japan

For more information, call 1-800-321-4576.

This Patient Information has been approved by the U.S. Food and Drug Administration.



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Issued: 06/2014 9391901



# THE goodstuff

PRODUCTS, PROMOTIONS & EVENTS

## 1 L'Oreal Paris

Age Perfect® Cell Renewal\* Golden Serum



Now, Restore Resilience, Radiance, Vitality. Instantly, skin feels smoother, softer. In 1 month, skin feels firmer, appears visibly replumped, renewed and full of life.

### Special Offer: "The Perfect Pouch"

Purchase this product and send in your receipt to receive an exclusive makeup pouch from Dr. Oz THE GOOD LIFE. See instructions below.

[lorealparisusa.com/cellrenewal](http://lorealparisusa.com/cellrenewal)

NEW  
AGE PERFECT®  
CELL RENEWAL®

\*Based on skin surface cell turnover

GIFT WITH PURCHASE!

\*Based on skin surface cell turnover

## 2 Lisette L Montreal

Get a leg up with the pull of a pant leg! Lisette L Montreal's Fit to Flatter pants feature a proprietary rayon, nylon and spandex stretch fabric with a uniquely constructed waistband to address body issues that women struggle with. By slimming the lower abdomen, contouring the hips and shaping the behind without a zipper or button in sight, Lisette L Montreal pants deliver extreme comfort while keeping women on-trend with the must-have looks of the season.



[lisettel.com](http://lisettel.com)

LISETTE L®  
MONTREAL

## 3 Floradix Iron + Herbs

Floradix Iron + Herbs is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.

[florahealth.com](http://florahealth.com)



## 4 StriVectin

Visibly boost skin clarity for a brighter complexion with StriVectin's new Intensive Illuminating Serum. 86% agreed skin tone was brighter. Find it at select department stores.

[strivectin.com](http://strivectin.com)



StriVectin®

**Gift-With-Purchase Instructions:** "The Perfect Pouch" Gift-With-Purchase. Sponsored by Hearst Communications, Inc. Purchase the L'Oreal Paris "Age Perfect" Cell Renewal Golden Serum" and send us a photo of your receipt to DOTGLPromo@hearst.com to receive a gift, a Dr. Oz THE GOOD LIFE makeup pouch (ARV: \$10). Original receipts must be dated between 4/18/15 and 6/22/15 and received by 7/6/15 and will not be acknowledged or returned. Sponsor's order of receipt of entries is final. 200 gifts available, while supplies last. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on <http://drozthegoodlifemediakit.com>. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 18 years or older and a legal resident of the US & DC. Void in Puerto Rico and where prohibited by law. Limit one (1) entry per person.





## News Your Body Needs Now



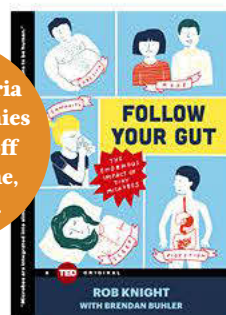
# 42%

OF PEOPLE IN THE  
U.S. DON'T GET ENOUGH  
VITAMIN D.

### A Vitamin That May Keep Diabetes at Bay

Need another reason to get your vitamin D levels checked? Spanish researchers found that people who had lower levels of D were more likely to have type 2 diabetes than those with higher levels, regardless of how much they weighed. Being deficient might interfere with how the pancreas regulates insulin, a hormone that helps metabolize glucose.

Good bacteria  
in our tummies  
may ward off  
obesity, acne,  
and more.



### This New Read Can Soothe Your Stomach

Want to healthy up your microbiome, the colony of gut microorganisms that scientists are buzzing about? Don't just eat probiotics; chow down on more fruits and veggies. Produce contains prebiotics, which these bacteria need to flourish, says *Follow Your Gut: The Enormous Impact of Tiny Microbes*, new from TED Books.

### Remember Stuff Better

Next time you're struggling to recall a name, close your eyes. U.K. researchers found that when people tried to remember details about a film, subjects who shut their eyes recalled more information than those who kept them open. Closing your eyes cuts out distractions and helps you focus.

### Critical Info for Pollen Season

Only 7% of people who use an inhaler and 16% of those who need to use an autoinjector for severe allergies can recall the right way to use them, says a new study. The most frequent mistakes: exhaling too soon when using an inhaler, and not leaving the autoinjector in long enough. Both could result in a too-small dose of meds, which may worsen the allergy or asthma attack. If you haven't used your device lately, ask your doctor for a recap.



### When Too Many Z's Is a Problem

Too little shut-eye is a big health risk, but too much could be a sign that something's wrong. In a new study, people who regularly slept more than eight hours a day were 46% more likely to have a stroke than those who logged six to eight hours. People who snooze longer may have underlying conditions like heart disease (a stroke risk factor), which can lead to more sleep.





# KEEP BEING HER FAVORITE PLAYMATE



Just because your bladder is changing doesn't mean you have to.  
With TENA *InstaDRY*'s unique super-absorbent micro beads that  
lock in moisture and odor, **TENA LETS YOU BE YOU.**

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Don't give up on color  
[ExcellenceAgePerfect.com](http://ExcellenceAgePerfect.com)

# NEW EXCELLENCE AGE PERFECT



Diane is wearing Excellence Age Perfect  
 shade 9N, Light Natural Blonde.  
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OUR 1<sup>ST</sup> COLOR FOR MATURE HAIR  
 FLATTERING, LAYERED TONES  
 FULLER, THICKER-LOOKING HAIR

- NEW LAYERED TONE TECHNOLOGY FOR COLOR FULL OF HIGHS AND LOWS. GRAYS — GONE. REGROWTH IS BEAUTIFULLY BLENDED.
- FORMULA WITH PRO-KERATINE® COMPLEX FOR VOLUME AND SHINE
- EASY APPLICATION BRUSH
- 8 FLATTERING SHADES

BECAUSE YOU'RE WORTH IT.™

# L'ORÉAL PARIS



# TRUE BEAUTY

## FOUR FUN FACTS ABOUT YOUR SKIN

► It's 64% water (so use a good moisturizer daily to keep hydration in).

► The thinnest skin on your body is your eyelid, at .05 mm—that's half the thickness of a dollar bill. Don't rub so hard!

► In just 1 square inch of skin you have around 650 sweat glands and at least 1,000 nerve endings.

► You shed 30,000 to 40,000 old skin cells from all over your body every day. But don't worry, you're always making more of them.

Baby skin: The ultimate in soft.



THE GOOD LIFE

# Beautiful Skin Guide

Just like your heart, your liver, and your kidneys, your skin needs TLC to perform at its peak. The big difference: When something's not right, you (and everyone else) will see the problem. To keep your outer layer strong and pretty, we gathered 20 pages of the latest news and best-ever expert advice.



DRAW THE LINE AT DULL, DRY, TIRED SKIN  
**NOW, RESTORE RESILIENCE, RADIANCE, VITALITY**

BECAUSE YOU'RE WORTH IT.™



*I want  
a new lease on life  
for my skin.*  
Julianne Moore



AS SKIN AGES, CELL RENEWAL DECREASES  
DRAMATICALLY, SO SKIN LOOKS DRY AND DULL.

■ **SKIN RENEWING SCIENCE**

EFFECTIVE ACTIVES HELP STIMULATE EXFOLIATION  
FOR SKIN SURFACE CELL RENEWAL

■ **IMPRESSIVE RESULTS**

**INSTANTLY:** SKIN FEELS SMOOTH, SOFT, SUPPLE,  
INTENSELY HYDRATED  
**IN 1 MONTH:** REVEALS FIRMER, MORE RESILIENT,  
RADIANT SKIN

[LOREALPARISUSA.COM/CELLRENEWAL](http://LOREALPARISUSA.COM/CELLRENEWAL)

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NIELSEN YEAR-TO-DATE AUGUST 2014, IN WOMEN FACE CARE IN MASS MARKET



**L'ORÉAL**  
PARIS



TRUE BEAUTY



# A DAY IN THE LIFE OF YOUR SKIN

Your body's largest organ is like a superhero shield, brilliant at protecting your insides from the outside. But hour after hour, it's under assault from dryness, pollution, the sun, and more. Use our guide to keep every inch of you healthy and luminous, round the clock.

BY GINA WAY | PHOTOGRAPHED BY PATRICIA HEAL | ILLUSTRATIONS BY JESSI TUBERO



## TRUE BEAUTY

- **6:30 A.M.** And...you're up. Skin naturally loses four times more water at night—that's why your face may feel drier in the early A.M. Don't cleanse away the remaining oils; they keep skin supple so it can protect you from heat, cold, wind, even infection. Unless your face is oily, a rinse with water at the sink or in the shower is enough to remove overnight sweat and ickiness.



**Keep that shower quick (10 minutes) and lukewarm:** A long, hot one can also strip away protective oils. Use a body wash or soap with shea butter and natural oils like jojoba or sunflower to lock in moisture. Try **Aveeno Positively Nourishing Hydrating Body Wash** (\$7, drugstores).

- **6:55 A.M.** As soon as you get out of the shower, those lovely beads of water start to evaporate, taking moisture from your skin with them. Experts say that you have about five minutes to prevent this by slathering on a thick body lotion to seal in water. One to try: **Suave Professionals Sea Mineral Infusion Replenishing Body Lotion** (\$6, drugstores).

- **7:00 A.M.** Quick, moisturize your face now, too. First, apply an antioxidant serum with vitamin C or E, ferulic acid, or green tea, such as **Ole Henriksen Truth Serum Collagen Booster** (\$48, Sephora). These ingredients are like little fire extinguishers, putting out inflammation caused by all-day exposure to the sun and pollution. So crucial if your home's in a city: One study

Live in a city? You really need to use a serum.

showed that urbanites have more wrinkles and age spots thanks to the chemicals and dirt in the air. Finish with a moisturizer with SPF. We like **Hada Labo Protecting Day Lotion SPF 30** (\$18, Target).

- **7:15 A.M.** You notice a red bump on your chin—stop it from becoming a full-on zit with **Ambi Skincare Even & Clear Acne Spot Treatment** (\$6, drugstores); it has benzoyl peroxide to kill acne bacteria. Dab on a 1% hydrocortisone cream to reduce redness and swelling.



**As you step out the door, the sun makes you squint. Cue the dark sunglasses, which filter 99% of UV rays. Look for a pair with really wide arms to cover and protect more skin so crow's-feet don't land there for good.**

- **8:35 A.M.** Remember your lips. They get dry and chapped because the top layer of skin is so thin and transparent. (The reason your lips are pinkish? You can actually see the blood vessels underneath.) They also have no oil glands, so apply a balm with petrolatum or shea butter to moisturize. And look for one with



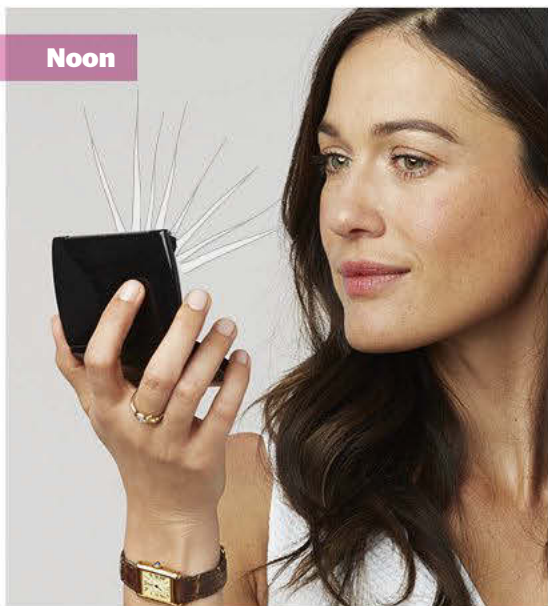
sunscreen, since lips have almost no melanin to protect them from UV rays. **Try ChapStick Hydration Lock Day & Night** (\$3, drugstores).

Your  
lips need  
love. Use a  
balm with  
SPF.

**8:45 A.M.** You've probably had your first sip of coffee or tea by now. Well, drink up: Studies show that drinking caffeine may lower your risk for two forms of skin cancer: melanoma and basal cell carcinoma.

**9:00 A.M.** You settle in to get some work done and the sun blasts through the windows. If you have blinds, close them from 10 A.M. to 4 P.M. Glass filters out UVB rays (the sunburn-causing kind), but even tinted windows let up to 50% of UVA rays get through. They're the ones that bring on the wrinkles by dissolving collagen and elastin. Even worse, they cause the cell mutations that can lead to skin cancers.

Noon



**Oil production peaks about now, which means your T-zone is probably getting shinier. Use blotting papers like Clean & Clear Oil Absorbing Sheets** (\$5, Target)—too much mattifying powder can clog pores and settle into lines.

**1:00 P.M.** If your regular lunch order is a medley of processed carbs or sugary foods (say, a grilled cheese or a frozen yogurt), your skin may rebel with acne flare-ups. But eating an abundance of fruit, veggies, whole grains, and foods with essential fatty acids and antioxidants has been found to improve acne.

A delicious example: grilled salmon with a salad of greens, cucumbers, and avocado and some whole-grain bread drizzled with olive oil, or whole wheat pasta with fresh tomato sauce.

2:00 P.M.



**Stressful day?** Maybe you got roped into making a presentation or found out that high-maintenance relatives will be visiting. That kind of anxiety can trigger cortisol, a hormone that increases oil production and inflammation. The result: You look beet red. Sip ice water to take down flushing. (It cools skin, constricting blood vessels.) Then find a pal to defrazzle with. Friend time actually lowers cortisol.

**3:30 P.M.** If you gotta go, know this: The hand soap in bathroom dispensers often contains harsh foaming detergents that can disrupt your skin's naturally acidic pH balance, drying it out. Replenish moisture with a hand cream that has hydrating ingredients like glycerin or shea butter. One great option: **Jergens BB Hand Perfecting Hand Cream** (\$7.50, drugstores).



■ **4:00 P.M.** By late afternoon, who isn't in need of a pick-me-up? Energize with a spritz of facial mist. Choose one that's infused with added moisturizers like essential oils, aloe, or glycerin. **Clinique Moisture Surge Face Spray** (\$22, Sephora) is a good bet.



**You squeeze in a walk or a quick workout.** It's a great skin habit, because even 30 minutes of exercise boosts blood circulation, giving you a rosy glow. There's a long-term payoff, too: New research found that people who worked out at least three hours a week had the skin composition of someone 10 to 20 years younger than their actual age.

■ **7:00 P.M.** Home for dinner. Have a glass of red wine with your meal a few times a week. It's rich in the antioxidant resveratrol, which revs up the body's production of natural antioxidants so it can fight off collagen-killing free radicals.

Cheers!  
Wine is a  
real skin  
saver.

■ **10:00 P.M.** Before bed, get rid of all the sunscreen, sweat, makeup, and grime on your face so they don't clog your pores and cause pimples overnight. To avoid drying out your skin, use a mild face wash like **Cetaphil Gentle Cleanser** (\$12, drugstores), which will remove the buildup without overstripping.



**While you snooze,** new cells replace dead ones, enzymes fix injury to DNA, and collagen is forming. Help all this along by using an antiaging product before bed. A retinol like **Receutics Active Skin Repair Rapid Wrinkle Corrector** (\$30, Rite Aid) speeds skin cell turnover, minimizing spots and lines. And remember, water loss is greater at night, so hydrate with something nourishing. Leave-on overnight moisturizing masks like **L'Oréal Paris RevitaLift Triple Power Intensive Overnight Mask** (\$25, drugstores) are particularly rich in hardworking ingredients like glycerin and hyaluronic acid. **Now climb into bed, drift off, and let your skin do the rest.**

**Sources:** Ellen Marmur, M.D., associate clinical professor of dermatology; Joshua Zeichner, M.D., director of cosmetic and clinical research in the department of dermatology; Cybele Fishman, M.D., assistant clinical professor of dermatology, all at Mount Sinai Hospital in New York City



NOW FIGHT AGING IN 3 DIMENSIONS  
REPAIR WRINKLES, REFIRM CONTOURS,  
RESENSIFY SKIN

BECAUSE YOU'RE WORTH IT.™



*Why stop at wrinkles?*  
Andie MacDowell

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WITH 3% CONCENTRATION OF PRO-XYLANE



1 REPAIRS  
WRINKLES



2 REFIRMS  
CONTOURS



3 REDENSIFIES  
SKIN

#1  
ANTI-AGING  
WORLDWIDE

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**TRUTH:** YOUR SKIN CHANGES AS IT AGES. Aging isn't just about lines and wrinkles. It's also about the loss of volume in your skin.

**TRUTH:** SKIN VOLUME CAN DECREASE OVER TIME. Hyaluronic — which maintains moisture in skin — decreases as skin ages. This can, in turn, create a loss of skin volume. You see deeper wrinkles, cheeks appear less rounded and eyes more hollowed.

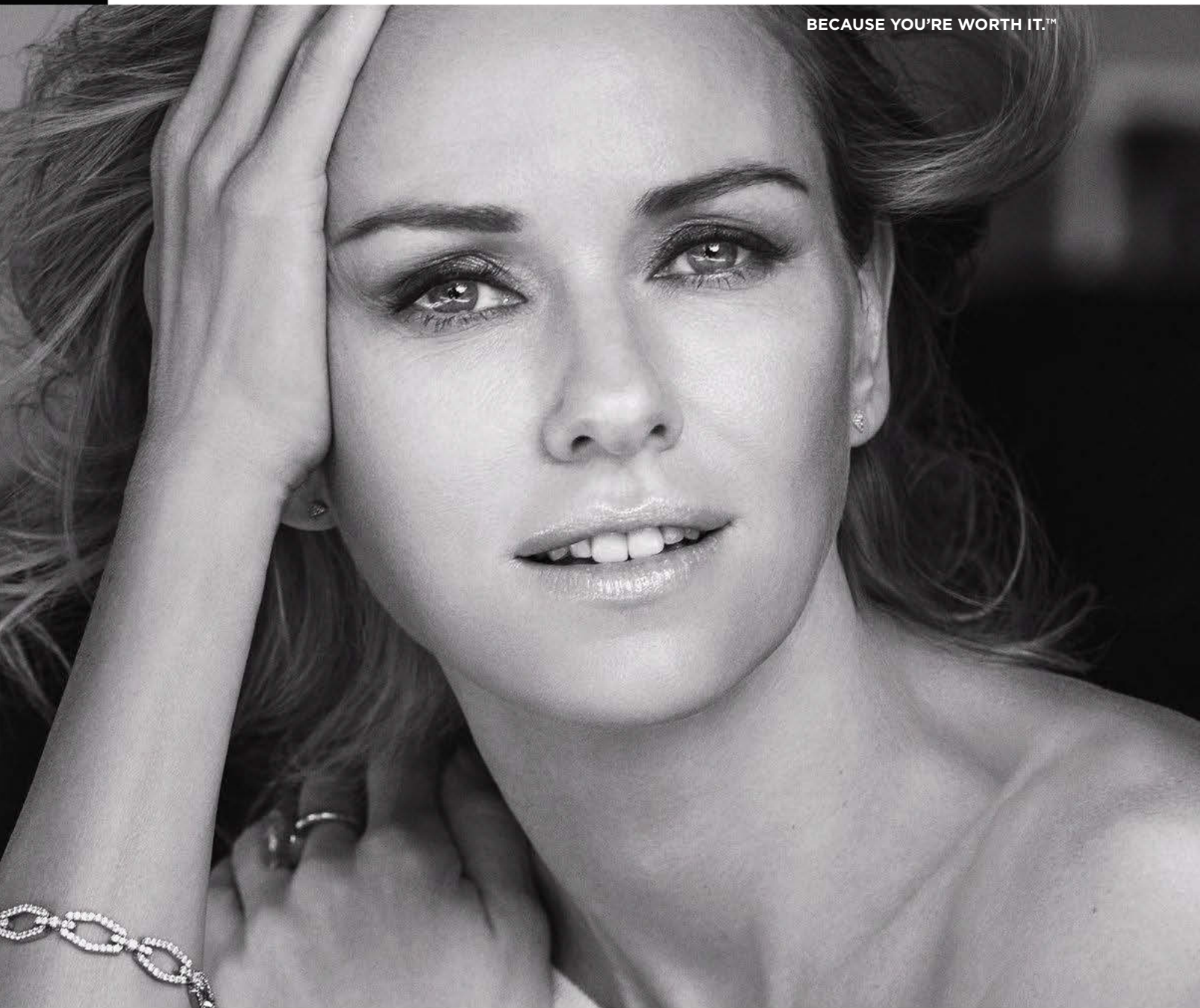
**TRUTH:** NOW YOU CAN HELP RESTORE VOLUME IN YOUR SKIN. Meet **Revitalift Volume Filler**, L'Oréal's latest skincare innovation. **Volume Filler** contains our highest dose of Hyaluronic. Used daily, it can help restore skin volume, for a more youthful look.

**GET THE FACTS: [TRUTHABOUTAGING.COM](http://TRUTHABOUTAGING.COM)**



SEEING CHANGES AS YOUR SKIN AGES?  
DISCOVER THE TRUTH AT  
[TRUTHABOUTAGING.COM](http://TRUTHABOUTAGING.COM)

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NIELSEN YEAR-TO-DATE AUGUST 2014,  
IN WOMEN FACE CARE IN MASS MARKET



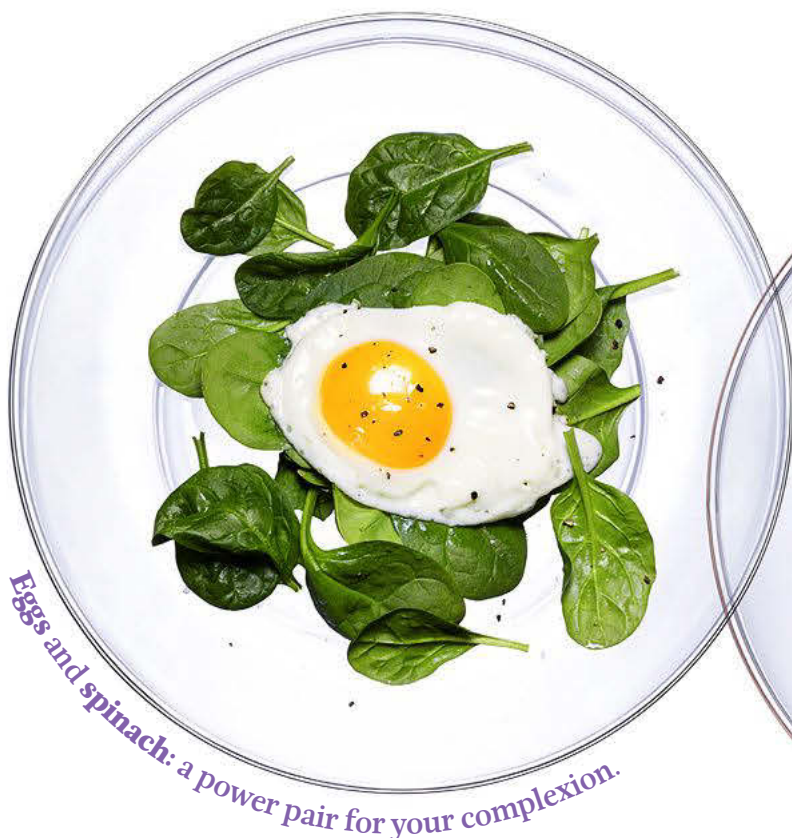
L'ORÉAL  
PARIS



# Breakfasts That Get Your Skin Glowing

Your A.M. routine: Eye cream? Done. Sunscreen? Of course. Almond butter? Try it! Work that and six other healthful foods into your morning meal for bright and ageless skin.

BY JESSICA MIGALA PHOTOGRAPHED BY KENJI TOMA



Eggs and spinach: a power pair for your complexion.

## Say yes to eggs.

They're filled with lysine and proline, amino acids that contribute to the formation of skin-firming collagen, says Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Hospital in New York City. And don't be yolk-shy: It has vitamin B12, which may fight dark spots, and hydrating nutrients like lutein and zeaxanthin.

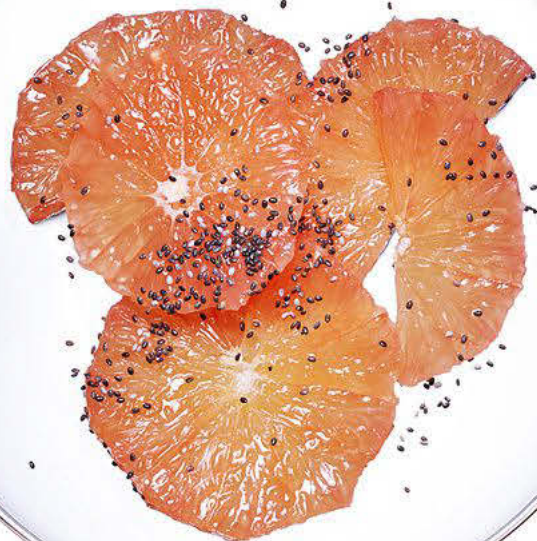
**Eat up** Scramble 1 whole egg with 2 whites for a 100-calorie nosh with 14 grams of protein.

## Got greens? Use them.

A particularly good pick are dark leafy greens like spinach—they're chock-full of phytonutrients called carotenoids that keep skin taut. Studies show that these plant chemicals can also help give your complexion a slightly tanned look with zero sun damage.

**Eat up** Add some chopped spinach to an omelet, or blend it with kale, mint, pineapple, and coconut water to make a tropical-tasting green juice, suggests Lisa Drayer, R.D., author of *The Beauty Diet*.

Chia seeds keep skin hydrated.



## Sprinkle chia seeds over...anything.

With a satisfying crunch, chia seeds provide nearly 5,000 milligrams of omega-3 fatty acids per 2 tablespoons. "These good fats reinforce the skin's barrier, helping to prevent moisture loss," says Fusco. Eating lots of omega-3s may also thwart melanoma, one research review shows.

**Eat up** Toss 1 tablespoon over grapefruit, or mix chia into oatmeal or a smoothie, Drayer suggests.





## 4 MORE TO EAT ANYTIME

### **BRIGHT VEGGIES**

The carotenoids in colorful peppers, kale, and yellow squash keep skin taut and glowing (women with a higher intake had fewer crow's-feet, a study in the *British Journal of Nutrition* found).

**SALMON** Another source of omega-3 fatty acids, which reduce the inflammation that can lead to dry skin.

### **OLIVE OIL**

Its monounsaturated fatty acids may help shield your skin from sun damage.

### **SHIITAKE MUSHROOMS**

A good source of zinc, a mineral that improves skin's ability to heal itself, these 'shrooms are also bursting with copper, which your body needs to build collagen.



### **Go with a better butter.**

Like PB on your toast? Next time try almond butter. In 2 tablespoons, it gives you 50% of your daily recommended dose of vitamin E, an antioxidant that fends off the free radical damage that can lead to premature aging and skin cancer. It's also brimming with unsaturated fatty acids, which fight dryness and soften wrinkles, research suggests.

**Eatup** Spread on whole-grain toast with sliced bananas.

### **Sweeten with honey.**

It's less likely than white sugar to cause blood sugar spikes linked to skin aging. Plus, it's got trace minerals like manganese and selenium to fight free radicals.

**Eatup** Stir 1 teaspoon into coffee or tea, or drizzle it over that almond butter toast.

### **Try a stealthy source of C.**

A sassy sub for oranges: pomegranate seeds. A half cup has 39% of the vitamin C you need daily—C helps your body make collagen.

**Eatup** Use the seeds as a topper on yogurt or a bowl of oatmeal, says Drayer.

### **Make a fruit salad with this.**

Watermelon hydrates skin from the inside, making it plump, notes Fusco. "Drinking water all day is a great way to keep skin moisturized, but water-dense produce works too," she says. Other juicy ideas: cantaloupe, honeydew, peaches, and strawberries.

**Eatup** Cube up watermelon (add some of the other fruits listed above for extra H<sub>2</sub>O) and toss with mint and a squirt of lime juice.





Clinique Acne Solutions Liquid Makeup (shown in Fresh Cream Chamois, \$27, clinique.com)



A medium-coverage liquid with salicylic acid fights breakouts.



Hourglass Immaculate Liquid Powder Foundation (shown in Sable, \$55, Sephora)



A foundation containing very fine clay absorbs oil but won't settle into lines.



L'Oréal Paris Infallible Pro-Matte Foundation (shown in Classic Tan, \$15, drugstores)



Mattifying ingredients thwart shine; a creamy texture helps dry spots.



Nars Radiant Cream Compact Foundation (shown in Siberia, \$48, narscosmetics.com)



Look for ceramides to plump lines and vitamin C to even tone.



Chanel Perfection Lumière Long-Wear Flawless Fluid Sunscreen Makeup SPF 15 (shown in 40 Beige, \$58, chanel.com)



You want a luminizing fluid full of light-reflecting mica.



Laura Mercier Silk Crème Moisturizing Photo Edition Foundation (shown in Truffle, \$48, Nordstrom)



Your pick: a full-coverage liquid with hyaluronic acid and glycerin to moisturize.

# Find Your Skin Perfector

Snagging the best foundation isn't just about shade matching (though all the picks here come in at least 12 glorious hues). First, you need to pinpoint a formula that meets your skin's specific needs. With a bit of help from makeup artist Nick Barose, we charted the course for you. Follow the dotted lines to a foundation that doesn't just cover skin problems—it solves them.

BY SARAH WEIR

What kind of skin do you have?

Do you have breakouts?

OILY

Do you have a shiny T-zone?

NORMAL/COMBO

Does your skin look dull?

DRY



# BEGIN HERE

Do you have wrinkles or sunspots?

The answer will determine how much coverage you need. Plus, some of these foundations contain antiaging ingredients like antioxidants and ceramides.

YES

OK, you need medium-to-full coverage to hide any tiny imperfections.

NO

Great. A sheer formula or one with light coverage will be just enough.

What kind of skin do you have?

OILY

Do you have breakouts?

NORMAL/COMBO

Do you have a shiny T-zone?

DRY

Does your skin look dull?

YES

Opt for a light liquid with salicylic acid for acne and silica to absorb oil.



Neutrogena SkinClearing Liquid Makeup (shown in Medium Beige, \$12, drugstores)

NO

A powder formulation will control oil just fine.



SheaMoisture Cosmetics Wet/Dry Pressed Powder (shown in Waimea Bay Porcelain, \$15, Target)

YES

Look for a lightweight liquid with a matte finish to stop shine.



Maybelline New York Fit Me! Matte and Poreless Foundation (shown in Nude Beige, \$8, drugstores)

NO

Pick a creamy, sheer formula to even out any splotchiness.



BareMinerals BareSkin Pure Brightening Serum Foundation (shown in Bare Walnut, \$29, bareminerals.com)

YES

A tinted moisturizer with light reflectors hydrates and helps you glow.



Eve Lom Radiance Perfected Tinted Moisturizer SPF 15 (shown in Ivory, \$55, neimanmarcus.com)

NO

Try a light-coverage liquid that will leave skin dewy.



CoverGirl TruBlend Liquid Makeup (shown in Honey Beige, \$10, drugstores)



TRUE BEAUTY

# FREEZE TIME

7 cool antiaging  
breakthroughs

POWERFUL WRINKLE  
FIGHTERS THAT WON'T  
IRRITATE YOUR SKIN.





BRILLIANT TECHNOLOGY  
THAT BLURS AWAY LINES.

A DEEP-SEA  
INGREDIENT  
PROVEN TO RENEW  
AND BRIGHTEN.

BY KRISTA BENNETT DEMAIO  
PHOTOGRAPHED BY YASU + JUNKO





**DERMATOLOGISTS CAN BE** a pretty reserved bunch—but they got pumped up telling us about a handful of innovations that are changing the face of antiaging. Happily, not one of them involves a scalpel. “Years of research have resulted in better, more intelligent at-home treatments,” says Anne Chapas, M.D., a clinical instructor of dermatology at Mount Sinai Medical Center in New York City. “These ingredients are popping up in peer-reviewed medical journals, proving they’re not just hope in a bottle.” Straight from top skin docs: a roundup of the latest trends, ingredients, and technologies with science on their side.

## RESVERATROL SERUMS

New research suggests that resveratrol is no ordinary antiager: This compound, found in the skin and seeds of grapes, increases the body’s own natural store of

antioxidants. “It’s becoming clearer that resveratrol regulates many different aspects of cell function, so I like to think of it as the head-general antioxidant,” says Macrene Alexiades, M.D., an associate clinical professor of dermatology at Yale University. And what do these antioxidants do? They counter the effects of UV exposure,

pollutants, and other enemies of smooth, firm skin.

Important to consider: Since resveratrol is involved in your skin’s natural repair process, our experts recommend applying a moisturizer or serum with the ingredient in the morning *and* at night, when renewal revs up. Some studies suggest it degrades if exposed to UV light, so layer a broad-spectrum sunscreen over it during the day.

### TRY THESE

**SkinCeuticals** Resveratrol BE (\$145, [skinceuticals.com](http://skinceuticals.com))

**Caudalie** Premier Cru L’Elixir (\$99, [caudalie.com](http://caudalie.com))

**100% Pure** Red Wine Resveratrol Eye Cream (\$28, [100percentpure.com](http://100percentpure.com))

**Philosophy** Miracle Worker Miraculous Anti-Aging Moisturizer (\$60, [philosophy.com](http://philosophy.com))

## BLUR CREAMS

Derms love blur creams for the same reason you love a good Instagram filter: They make your skin look better—instantly. Apply these velvety-soft creams over your moisturizer before putting on makeup; tiny silicones and polymers fill in pores and fine

### RESVERATROL



### BLUR CREAMS





lines. They also have light-diffusing ingredients, says Alexiades, “which help minimize imperfections.”

Blur creams first hit the market a few years back, and the latest versions go beyond the purely cosmetic: They’re packed with skin-care ingredients such as antioxidants and sunscreens. “In one swipe, these creams hide problems and deliver ingredients that will prevent or reverse the signs of aging over time,” says Alexiades.

#### TRY THESE

**Murad** Invisiblr Perfecting Shield Broad Spectrum SPF 30 (\$65, *Sephora*)

**RoC** Smooth Perfection Instant Line Corrector (\$25, *CVS*)

**MiracleSkin** Transformer Face Broad Spectrum SPF 20 (\$48, *Kohl's*)

## GENTLER RETINOL

Few ingredients have a better wrinkle- and spot-erasing track record than retinol. This OTC form of vitamin A (and the prescription versions like tretinoin and tazarotene) have decades of studies proving their ability to stimulate wrinkle-smoothing collagen, firm skin, and amp up cell turnover to help fade dark spots. The only downside: irritation, which can get really intense if you’ve got very sensitive skin. The redness and peeling lead a lot of women to give up on retinol before they see results. (It can be several months before you notice a difference.)

That’s why our experts are excited about the



newest delivery systems and formula tweaks that cut down those side effects significantly. One approach: encapsulating retinol in a time-released, oil-based sphere called a liposome. “This helps it slowly seep through skin’s barrier, so it doesn’t dry out your top layer,” says Chapas. Brands are also adding high-performance moisturizers like hyaluronic acid and anti-inflammatory ingredients like chamomile to their formulas to nix irritation.

#### TRY THESE

**Peter Thomas Roth** Professional Strength 3% Retinol Plus (\$78, *Sephora*)

**Boots No7** Protect & Perfect Intense Advanced Serum (\$30, *Target*)

**Neutrogena** Rapid Wrinkle Repair Serum (\$22, *drugstores*)

**Vichy** LiftActiv Retinol HA Night (\$47.50, *vichyusa.com*)

## MARINE EXTRACTS

The ocean is home to some pretty potent antiagers, research suggests. “I’m very hot on algae, because it’s proven to be so protective for the

skin,” says Jeannette Graf, M.D., a dermatologist at Mount Sinai Medical Center in New York City. In one study, the antioxidants found in brown algae helped prevent some skin cancers caused by sun damage.

In fact, a growing body of evidence shows that *all* algae (brown, red, green, and blue-green) can boost skin’s circulation for an overall glow, help skin stay hydrated, and fade dark spots. A recent preliminary study in the *Journal of Drugs in Dermatology* found one compelling example: A blue-green algae extract prevented UV-induced DNA damage, which has been linked to premature skin aging. You don’t need to deep dive to find these impressive ingredients—they’re already in products at your drugstore or department store counter.

#### TRY THESE

**Algenist** Genius White Brightening Moisture Softener (\$48, *Ulta*)

**Fresh Lotus** Youth Preserve Eye Cream with Super 7 Complex (\$42, *fresh.com*)

**Origins** Original Skin Renewal Serum with Willowherb (\$39, *origins.com*)



## TRUE BEAUTY



A type of **MINERAL SUNSCREEN** shields skin and won't leave you looking like Casper.

## INVISIBLE SUNSCREEN

Dermatologists have been saying it for years: Sunscreen should be a part of your daily antiaging arsenal. One study in the *Annals of Internal Medicine* showed that people who used SPF regularly experienced 24% less skin aging over 4.5 years than those who didn't.

Note, though, that not all sunscreen ingredients protect you from UVA rays, the kind that damage collagen and cause sagging. Zinc oxide is one that does, but the whitish cast it leaves on skin is a turnoff for lots of people, says Steven Q. Wang, M.D., director of dermatologic surgery and dermatology at Memorial Sloan Kettering Cancer Center in Basking Ridge, NJ. Enter the new sunscreens with micronized zinc, a version with a super-small particle size, so it practically disappears into skin. "I'm a

fan, because I think this will get women to use sunscreen more regularly, and that's the single most important thing you can do to stave off skin aging," Wang explains.

### TRY THESE

**Eau Thermale Avène** Mineral Light Hydrating Sunscreen Lotion SPF 50+ (\$30, [drugstore.com](http://drugstore.com))

**CeraVe** Sunscreen SPF 50 for Face (\$15, [drugstores](http://drugstores))

**Drunk Elephant** Umbra Sheer Physical Defense SPF 30 (\$38, [sephora.com](http://sephora.com))

**Exuviance** Sheer Daily Protector SPF 50 (\$42, [Ulta](http://Ulta))

**First Aid Beauty** Ultra Repair Pure Mineral Sunscreen Moisturizer SPF 40 (\$30, [Sephora](http://Sephora))

## NEW FILLERS

Two next-gen injectables have our pros excited. The first is Restylane Silk, a filler that was recently FDA-approved to plump fine lines around the lips. Previous fillers often seemed fake when used in this area, says Miami dermatologist Leslie Baumann, M.D. "Now you don't have to swap smoker's lines for a duck's pout," she says. It runs about \$600 a treatment and lasts six months.

The other is Voluma XC, the first injectable approved for volume loss

in the cheeks—that sunken look that happens with age. It's injected deep into the skin on top of the cheekbone, where it has a lifting effect. Considering the cost (and downtime) of an actual face-lift, \$1,000 for a syringe might make sense—and the results can last for years.

## LOW-SUGAR DIETS

You can expect your dentist to warn you about the evils of sugar, but your dermatologist? Uh-huh. Research continues to expose just how bad the sweet stuff is for our bodies: One recent study at the University of California found that drinking sugary beverages accelerates cellular aging. The study didn't specifically call out skin, but we know that when our cells age, skin ages, says Baumann.

So it's no wonder dermatologists are 100% behind the movement toward a diet lower in sugar and refined carbs like white bread and pasta, which cause blood sugar spikes that can damage your skin's collagen and elastin. A goal to shoot for: Cap your sugar intake at 6 teaspoons per day.

## SUNSCREENS





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# NOT TONIGHT, I'M TOO TIRED.

## WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.\* So redefine your definition of a "good time" with Floradix and rekindle the romance.



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# **“I NEVER WORRIED ABOUT SKIN CANCER —UNTIL I GOT IT.”**

**YOU'RE SMART.** You've heard all the statistics about skin cancer—like how it's the most common cancer in the U.S. and that one in five Americans will develop the disease in her lifetime, according to the Skin Cancer Foundation. Yet new cases are still on the rise. Rates of melanoma, the deadliest form, have more than doubled since the 1970s. Maybe you think you're not at risk because of the color of your skin, or where you live, or the fact that you haven't been to a beach since 1993. But these six survivors prove that skin cancer doesn't affect just pale-skinned people or outdoorsy types. Read their stories and get inspired to take control of your skin's health with our sun-safety checklist.

BY KAYLEIGH DONAHUE HODES  
PHOTOGRAPHED BY BEN BAKER



A woman with blonde hair and a white t-shirt is sitting in front of a large window. She has a faint, S-shaped scar on her cheek. The window behind her has a grid pattern and looks out onto a cityscape.

## **“I HOPE MY SCAR GETS PEOPLE TALKING ABOUT THIS DISEASE.”**

**CHELSEA OLIVERI**  
Humble, Texas

Thanks to her fair skin, Chelsea, 35, got plenty of sunburns as a child, so when a freckle on her cheek started to change—it became larger, darker, and asymmetrical and the edges started to blur—she had it checked out. A week later, the results were in: She had melanoma. Chelsea’s freckle was removed, but she was left with a three-inch S-shaped scar from her cheek to her earlobe. “It took a week before I could look at myself in the mirror,” she says. But now she hopes seeing it will inspire people to take the necessary steps to protect themselves. The most important one, of course, is using sunscreen, which is now the first thing Chelsea puts on herself and her daughter every day. “I can’t change the fact that I’ve had skin cancer, but I can definitely be a source of support and education for my girl and others.”





**HEATHER AUSTIN, 37**  
Chassell, MI

"I used to think tanned skin was beautiful skin—and I used tanning beds up to five times a week to get it—but after a doctor found three melanomas that left deep scars on my back, I realized the risk is too great. I've learned to love my pale complexion."



**"I THOUGHT MY DARK SKIN WOULD PROTECT ME."**

**IVIS FEBUS-SAMPAYO**  
Brewster, NY

With her olive skin and Puerto Rican heritage, Ivis, 60, never even thought about skin cancer. That false sense of security is partly why she put off having an irregular mole on her cheek checked out by a doctor—even though she could see it was getting darker. "I was at the dermatologist with my son for his acne," she says, "and when I brought up the mole, she took one look and had me come back for a biopsy." Two weeks later, Ivis learned she had melanoma. It was frightening and made her realize the importance of paying attention to your skin—no matter what color it is. She's become diligent about sunscreen use and wears a wide hat on sunny days. "I know it's the best thing I can do to stay safe."

DR. OZ  
**THE GOOD LIFE**

## This Bookmark Could Save Your Life

*Use it as a sun-safety cheat sheet. It's more important than any other beach read.*

### Pick the right sunscreen.

Look for avobenzone, oxybenzone, or zinc oxide. They protect from UVB and UVA rays.

### Use a lot.

It should take about a shot glass's worth to cover your face, neck, chest, arms, and legs.

### Aim higher.

Most people don't put on enough sunscreen, so they're not getting the SPF coverage listed. Pick one with a higher SPF to be extra sure.

### Reapply often.

Slather it on every two hours. Do it even sooner if you're swimming, toweling off, or sweating.

### Spray close-up.

Hold a spray bottle two fingers' width from your skin while spritzing (skin should look wet after it's applied) and rub it in.

### Take a shade break.

Avoid the sun between 10 A.M. and 4 P.M. If you can't, head inside for at least part of the day.

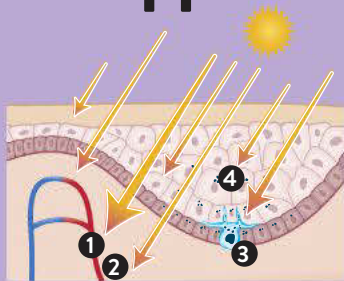


### DR. OZ ON SUNSCREEN

Don't miss a spot—the most commonly neglected areas on the body are the backs of hands, the ears, and the neck.

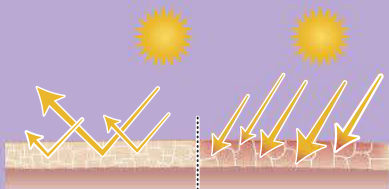


# How Sun Damage Happens



- 1** Sun exposure causes blood vessels to dilate, resulting in redness and swelling. Hello, sunburn. (But a tan is skin damage too!)
- 2** UVA rays can penetrate to the skin's second layer, damaging collagen. And yes, that means wrinkles.
- 3** UVB light prompts cells called melanocytes to produce more pigment. The light can also cause mutations in the cells' DNA that lead to melanoma.
- 4** Even brief UV exposure can lead to the most common form of skin cancer, basal cell carcinoma.

# How Sunscreen Protects You



## PHYSICAL SUNSCREEN

➤ This can contain zinc oxide, titanium dioxide, or both, and sits on the skin's surface, where it reflects UV rays.

## CHEMICAL SUNSCREEN

➤ It sinks into the outermost layer of skin and contains chemicals like avobenzone that soak up UV rays before they do damage.

**Sources:** Adam Friedman, M.D., assistant professor of dermatology, Albert Einstein College of Medicine of Yeshiva University, New York City; Joseph Greco, M.D., clinical director of UCLA Santa Monica Dermatology; and Ellen Marmur, M.D., associate clinical professor of dermatology, Mount Sinai Hospital, New York City



**"I REALIZE HOW IMPORTANT IT IS TO REAPPLY."**

## ROBBIN SIMMONS Miami

Living in sunny Miami, Robbin was well aware that even though she has darker skin, she could still develop skin cancer. "I always wore sunscreen," she says. So she was shocked when doctors found a basal cell carcinoma on her nose. The most common type of skin cancer, it's very treatable but often requires surgery that removes the cancer in layers to reduce scarring. (Squamous cell carcinoma, the second most common form, can also be treated with this procedure.) Robbin's cancer started out looking similar to a pimple. "I thought it looked like a whitehead, so I ignored it for longer than I should have," she explains. The ordeal helped her realize that while she used sunscreen daily, she was lax about reapplying. Today, she totes it around everywhere she goes, slathering it on herself, her husband, and her kids every two to three hours. "I also seek out shade as often as possible," she says. "As a local news reporter, I'm frequently outdoors on assignment, but I try to take breaks in the car as much as I can to avoid the sun."





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**SHARON FRAZEE, 52**  
Caro, MI

"I'd had basal cell carcinoma, but when I found out I had melanoma, I cried the entire way home from the doctor's office. I realized my childhood sunburns had everything to do with my diagnosis. These days I cover up when I'm out in the sun."



**ERICA JACOBSON, 38**  
Caledonia, MN

"I'm the third generation in my family to develop melanoma, so it weighs heavy on me to protect my two boys. Even with my family history, I still sunbathed. But now, I'm diligent about sunscreen—I even carry extra so any parents at my kids' soccer games can use it if they need to. When your life is threatened, you figure out what's truly important."

## STANDOUT SUNSCREENS

We gave the latest SPF innovations to a discerning group of testers—the women featured in this story. Here's what they had to say.



"The texture is unique; it's like putting mousse on your body. But this foam block goes on with no stickiness."

—Sharon

Vichy Capital Soleil  
Lightweight Foaming  
Lotion SPF 50  
(\$28.50, CVS)



"My entire family loved how silky this body oil sunscreen left our skin. Somehow it wasn't greasy at all."

—Robbin

Supergoop! Sun-Defying  
Sunscreen Oil SPF 50  
(\$34, Sephora)



"This one glided beautifully onto my skin; I'll definitely buy another bottle when I run out."

—Ivis

Palmer's Cocoa Butter  
Formula Eventone Suncare  
SPF 45 Moisturizing  
Sunscreen for Face  
(\$7, Walmart)



"I wore this gel to my Spinning class and loved how it didn't get greasy, even though I was sweating."

—Heather

L'Oréal Paris Advanced  
Suncare Invisible Protect  
Clear Cool Lotion SPF 30  
(\$10, drugstores)



"I don't often use sprays, but I liked that this went on nice and even."

—Erica

Coppertone UltraGuard  
AccuSpray Sunscreen  
SPF 30  
(\$10, drugstores)



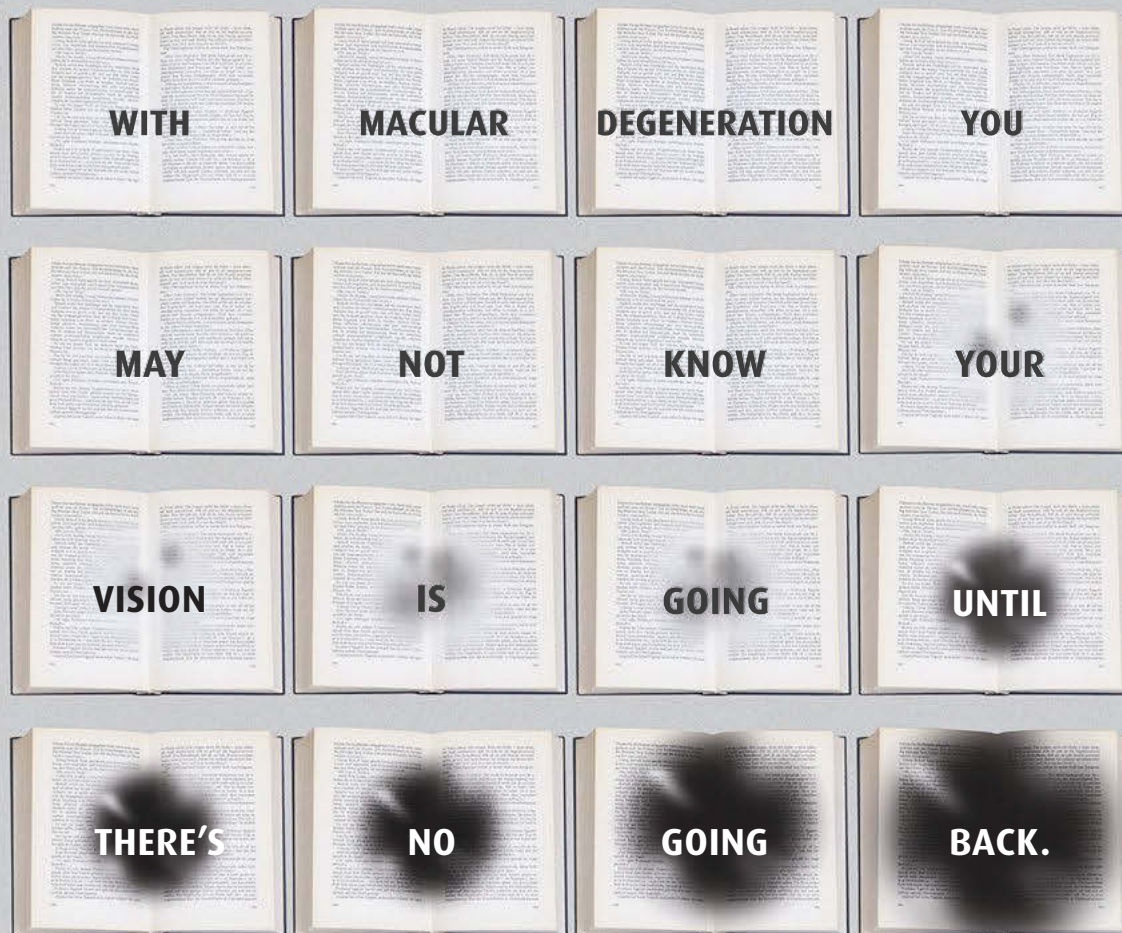
"In a word: Love! This everyday serum had no smell, it wasn't greasy, and it left my skin feeling smooth."

—Chelsea

La Roche-Posay  
Anthelios AOX  
(\$42.50, drugstores)

► FOR SOME GREAT NEW MINERAL SUNSCREENS, SEE PAGE 72



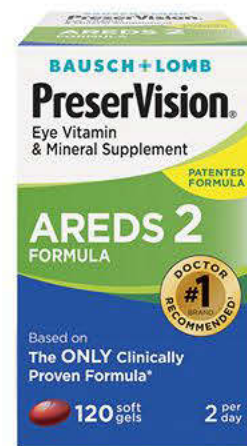


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## Fixes & Finds for Your Skin

### The Two-Second Skin Tone Test

A surprising number of women don't know their skin's undertone, says makeup artist Crystal Tran. To pinpoint yours and ID your best makeup colors, look at the veins in your wrist. If they have a bluish tinge, you've got cool undertones—purples and pinks are your best shades. If your veins look green, you have warm undertones; gold, peach, and orange-red will look prettiest.

**COOL** NYX Cosmetics Jumbo Eye Pencil in Lavender (\$5, Ulta), Palladio Herbal Matte Blush in Berry Pink (\$7, palladiobeauty.com), Rimmel London Moisture Renew Lipstick in Ringa Ringa Roses (\$7, drugstores)

**WARM** Milani Bella Eyes Gel Powder Eyeshadow in Bella Sand (\$4, drugstores), Flower Kiss Stick High-Shine Lip Color in Cactus Flower (\$7, Walmart), Almay Smart Shade Powder Blush in Coral (\$12, CVS)

### Shower Your Way to Softness

The quickest, easiest way to moisturize? Step one: Apply Nivea In-Shower Body Lotion (\$6, drugstores) to clean skin while you're still in the tub. Step two: Rinse and towel-dry as usual. Step three: Marvel at your soft, not sticky, skin.

### Get a Safe, Sunless Glow

Skittish about using self-tanner on your face? Try Vita Liberata Trystal Self Tanning Bronzing Minerals (\$45, Sephora). The first bronzing powder with DHA, the skin darkener in bottled tanners, it leaves your face glowy even after you wash it off. Our tester loved the natural-looking results (and its blissful lack of self-tanner stink).

### This Is the New Way to Exfoliate

The jagged particles in some scrubs can rough up sensitive skin. If that's you, consider peeling gels. They use physical and chemical exfoliators, like konjac and fruit enzymes, to gently buff, creating balls of dead skin to rinse off. Kinda gross? Maybe. Effective? Absolutely. We like: Laneige Multiberry Yogurt Peeling Gel (\$22, Target) and Boscia Exfoliating Peel Gel (\$34, Sephora).

### A Rescue for Cold Sore Sufferers

Summer is cold sore season—UV rays can trigger outbreaks—but these new treatments may help. Vivicin (\$17, vivicin.com), a hydrating balm with *Baptisia tinctoria* and arnica, helps heal and prevent sores. An Rx pill, Sitavig, stops sores from forming if used within an hour of that telltale tingling.



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# NÚMERO UNO.



Want a tastier salad? "Sí." Then reach for Avocados From Mexico, the only avocados that are available all year round, grown with love and dedication. The next time you're crafting a salad, make it a little more special with the top-selling avocado brand in the U.S. Taste that's ¡increíble!





A woman with long dark hair, wearing a white t-shirt, is shopping at a farm stand. She is looking down at a basket of produce, which includes peaches, radishes, and leafy greens. In the background, there are wooden crates filled with various vegetables like bell peppers, cucumbers, and tomatoes. A sign that says "PRODUCE" is visible in the upper left. The overall scene is bright and fresh, capturing a moment of healthy eating.

# GOOD EATING

*Farm Stand  
Heaven!*

AND THE  
GROCERY STORE  
IS FULL OF  
GOODNESS, TOO

# THE SO-GOOD SEASON

One reason **Katie Lee** loves summertime? You barely have to think about eating right—it just sorta happens. Kick things off with her healthy Memorial Day menu, full of zippy flavors and great grilling ideas.



**KATIE LEE HAS NEVER** been a fan of dieting. “Inevitably, any time I’ve told myself I’m on a diet, I want everything I’m not supposed to eat,” says the cookbook author and cohost of Food Network’s *The Kitchen*. Luckily, Lee learned great eating habits early on. She grew up in a family that automatically filled half or more of their plates with veggies and fruits, some grown every summer in their West Virginia garden.

Which brings us to *Endless Summer*, Lee’s new cookbook, all about the best season for eating well. “You don’t have to do a lot to the food to make it taste really good,” she says, pointing out that summer’s peak produce and grilled goodies don’t need heavy extras: “It’s an easy time to have a healthy lifestyle.”

**SWORDFISH  
SWAP?**  
Salmon or  
tuna will  
also work.

CHILI HONEY  
GARLIC  
*Summer*  
KEBABS

MEDITERRANEAN

*Chicken*  
KEBABS

*Swordfish*  
KEBABS WITH MINT PESTO





KEBABS WITH  
JERK SEASONING

**RIGHT-SIZE  
BITES**  
Kebabs offer  
an easy (and  
tasty) way to  
help keep  
portions in  
check.

## SWORDFISH KEBABS WITH MINT PESTO

PREP 15 min plus marinating time  
COOK 6 min

**SERVES 4**

- $\frac{1}{4}$  cup sliced almonds
- 1** large garlic clove,  
smashed
- 1** cup packed fresh mint  
leaves
- $\frac{1}{4}$  cup packed flat-leaf  
parsley leaves
- Grated zest of 1 lemon
- 5** Tbsp extra-virgin olive oil
- $\frac{1}{2}$  tsp coarse salt
- Pepper
- Pinch of red chile flakes  
(optional)
- 1½** lb swordfish steak  
(¾-inch-thick), cut into  
1½-inch-square pieces

**SOAK** 4 (8-inch) wooden skewers in water for at least 30 min. Meanwhile, make the pesto: Put the almonds and garlic in a food processor and pulse until finely chopped. Add the mint, parsley, and lemon zest and pulse until finely ground. Transfer the mixture to a small bowl and whisk in the oil. Season with the salt, plus pepper to taste, and the chile flakes, if using.

**POUR** about one-third of the pesto over the swordfish and toss to coat evenly. Reserve the remaining pesto for serving. Cover fish and remaining pesto and refrigerate for at least 30 min and up to 4 hrs.

**HEAT** an outdoor grill (or a grill pan) to medium-high.

**SKEWER** about 5 chunks of fish onto each skewer. Grill, turning once, until just cooked through, 2 to 3 min per side. Serve the skewers with additional pesto drizzled over the top of each.

**Each serving** 411 cal, 30 g fat  
(5 g saturated), 30 g protein, 3 g carb,  
0 g sugar, 1 g fiber, 365 mg sodium,  
97 mg cholesterol

## CHILI HONEY GARLIC SHRIMP KEBABS

PREP 15 min plus soaking time  
COOK 5 min

**SERVES 4**

- 2** lb (extra-jumbo; 32 to 40  
total) shrimp, peeled and  
deveined, tails on (fresh or  
thawed frozen)
- $\frac{3}{4}$  tsp coarse salt
- Pepper
- 1** Tbsp olive oil
- $\frac{1}{3}$  cup honey
- 2** Tbsp chili garlic sauce

**SOAK** 16 (8-inch) wooden skewers in water for at least 30 min. Heat an outdoor grill (or a grill pan) to medium-high.

**THREAD** skewers with 4 or 5 shrimp per kebab. (Use 2 skewers for each kebab so that they hold shrimp securely and are easy to flip while cooking.) Season both sides of each kebab with the salt, plus pepper to taste. Use a pastry brush to coat each side of the kebabs with oil.

**IN** a small microwave-safe bowl, combine the honey and chili sauce. Microwave for 20 to 30 sec and whisk to combine.

**PLACE** kebabs on the grill. Cover grill and cook until the shrimp begin to turn pink, about 2 min. Flip and brush with the honey mixture. Grill until heated through, flipping and brushing once, about 2 min more. Brush on both sides again and serve hot.

**Each serving** 263 cal, 4 g fat  
(1 g saturated), 35 g protein, 25 g  
carb, 24 g sugar, 0 g fiber, 670 mg  
sodium, 270 mg cholesterol





## GOOD EATING

### MEDITERRANEAN CHICKEN KEBABS

PREP 15 min plus marinating time

COOK 8 min

**SERVES 4**

- $\frac{1}{4}$  cup olive oil
- Juice of 1 lemon
- 4 garlic cloves, smashed
- $\frac{3}{4}$  tsp dried oregano
- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- $\frac{1}{2}$  tsp coarse salt
- Pepper

For serving: tzatziki, pita bread rounds, lettuce leaves, crumbled feta cheese, diced tomatoes, zaatar spice blend (optional; available at penzeys.com as "zatar")

**SOAK** 8 (8-inch) wooden skewers in water for at least 30 min. In a large glass or stainless-steel bowl, whisk the oil, lemon juice, garlic, and oregano until combined. Stir in chicken and season with the salt, plus pepper to taste. Cover and refrigerate for 15 to 30 min. Heat an outdoor grill (or a grill pan) to medium-high.

**SKEWER** about 4 cubes of chicken onto each skewer. Use a pastry brush to coat each kebab with any oil left in the bowl of marinade. Discard any remaining marinade. Grill, turning once, until cooked through, 3 to 4 min per side.

**TO SERVE**, use the pita like a taco shell, filling with tzatziki, lettuce, chicken, cheese, tomatoes, and a sprinkle of zaatar, if using. Serve warm.

**Each serving** 200 cal, 11 g fat (2 g saturated), 23 g protein, 1 g carb, 0 g sugar, 0 g fiber, 415 mg sodium, 63 mg cholesterol

### JERKED BEEF KEBABS

PREP 15 min plus marinating time

COOK 6 min

**SERVES 4**

*Shortcut: You can swap in 1 tsp jerk spice powder (or more to taste) for the brown sugar, thyme, allspice, cloves, and cinnamon.*

- 1 lb top sirloin steak, cut into 1-inch chunks
- 4 scallions, white and green parts, chopped
- $\frac{1}{2}$  small jalapeño, chopped, including seeds (use more jalapeño if you want it spicier)
- 2 garlic cloves, smashed
- Juice of 1 lime
- 1 Tbsp olive oil plus more for grill
- 1 tsp light-brown sugar
- $\frac{1}{2}$  tsp dried thyme
- $\frac{1}{2}$  tsp ground allspice
- Pinch of ground cloves
- Pinch of ground cinnamon
- $\frac{1}{4}$  tsp coarse salt
- Pinch pepper

**SOAK** 4 (8-inch) wooden skewers in water for at least 30 min. Put beef in a glass or stainless-steel bowl. Finely chop scallions, jalapeño, and garlic in a food processor. Add the lime juice, oil, brown sugar, thyme, allspice, cloves, and cinnamon and puree to a smooth paste. Add mixture to beef along with a pinch each salt and pepper, and toss to coat. Cover and refrigerate for 1 hr.

**REMOVE** the meat from refrigerator and let stand for 10 to 15 min. Skewer about 5 chunks of meat onto each skewer.

**HEAT** an outdoor grill (or a grill pan) to high. Brush grill grates with oil. Grill kebabs, turning once, until medium-rare, 2 to 3 min per side. Season with remaining pinch salt.

**Each serving** 223 cal, 12 g fat (4 g saturated), 25 g protein, 4 g carb, 2 g sugar, 1 g fiber, 115 mg sodium, 74 mg cholesterol

**FUN WITH FRUIT**  
This cocktail is like a smoothie—with a kick!



### HONEYDEW MARGARITAS

PREP 10 min

**SERVES 2**

- $\frac{1}{4}$  whole honeydew, seeded, peeled, and cut into chunks (about 2 cups)
- 3 Tbsp fresh lime juice, plus additional lime wedges
- 1 Tbsp orange liqueur, such as Cointreau
- $\frac{1}{2}$  cup silver tequila
- 1 tsp light agave syrup
- 1 tsp sugar
- $\frac{1}{2}$  tsp coarse salt

**PUT** the honeydew in a blender and blend until smooth. Pour into a large cocktail shaker (or a quart-size jar with a lid). Add the lime juice, orange liqueur, tequila, and agave syrup.





**ON** a small plate, combine the sugar and salt. Rub the rims of two glasses with a lime wedge and dip the rims into the sugar mixture to adhere.

**ADD** a handful of ice cubes to the shaker and shake until very cold. Fill the sugar-rimmed glasses with ice, strain the margaritas into them (or hold back the ice if using a jar as your shaker), and serve.

**Each serving** 233 cal, 0 g fat (0 g saturated), 1 g protein, 25 g carb, 21 g sugar, 0 g fiber, 512 mg sodium, 0 mg cholesterol

Recipes adapted from *Endless Summer Cookbook*, by Katie Lee, photographs by Lucy Schaeffer, published by Abrams Books (Stewart, Tabori, and Chang) © 2015.

## Radishes WITH BUTTER

Let some butter come to room temperature so it's nice and creamy, then slice some radishes in half, spread with the butter, and sprinkle with flaky sea salt. The spicy flavor of the radish is mellowed by the butter, and the salt brings it all together. Serve with a cold drink.

## FARRO, BUTTERNUT SQUASH, AND ARUGULA SALAD

PREP 25 min COOK 30 min

SERVES 6

- 1 lb butternut squash, peeled and cut into ½-inch chunks (about 4 cups)
- 2 large shallots, sliced
- 4 Tbsp extra-virgin olive oil
- 1 tsp coarse salt
- Pepper
- ½ cup golden raisins
- 2 Tbsp sherry vinegar
- 1 tsp grainy mustard
- Pinch of ground cayenne
- 1 cup farro, cooked according to the package instructions and cooled
- 3 oz smoked Gouda cheese, diced
- ½ cup walnut halves, toasted and coarsely chopped
- 3 cups baby arugula

taste, and arrange in one layer. Roast, tossing halfway, until squash is soft and shallots are beginning to brown, 25 to 30 min. Let cool to room temperature.

**MEANWHILE**, soak the raisins in 1 Tbsp vinegar, tossing occasionally, until plumped (at least 15 min).

**WHISK** the mustard into the remaining 1 Tbsp vinegar. Whisk in the remaining 3 Tbsp oil. Season with the cayenne, the remaining ½ tsp salt, plus pepper to taste.

**TOSS** the farro with squash and shallots, cheese, nuts, and raisins with vinegar. Toss with dressing to coat. Just before serving, toss in the arugula.

**Each serving** 385 cal, 19 g fat (4 g saturated), 11 g protein, 46 g carb, 12 g sugar, 8 g fiber, 458 mg sodium, 16 mg cholesterol

**HEAT** oven to 375°F. Line a rimmed baking sheet with parchment paper. Put the squash and shallots on sheet and drizzle with 1 Tbsp oil. Toss to coat with your hands. Season with ½ tsp salt and pepper to





# SHOPPING SMART FOR PEANUTS

They're high in calories, but that doesn't make peanuts a health villain: Inside their dimpled shells is a snack rich in heart-healthy fat and filling protein. Just don't go too far beyond a handful; that's when we start racking up the calories, not to mention the sugar and salt lurking in snacks many of us go nuts for. Here, a nutritional road map to this familiar fave.

BY CARA BIRNBAUM

**really healthy**

## Shell-On Peanuts

Why are shell-on the healthiest? Cracking them open will help keep you from mindlessly gobbling. That's a plus, considering a half cup of shelled peanuts contains close to 450 calories. So aim instead for a 1-ounce serving of shelled—just make a golf-ball-size scoop with your hand. You'll get 7 grams of satisfying protein plus a dose of fiber, which can help lower blood sugar. Leave on the papery skins for a shot of resveratrol, the same antioxidant found in red grapes.

**Most of the fat in peanuts is the "good" kind that nutritionists heartily approve of.**

## Shelled Peanuts

If you'd rather crack open a jar, unsalted nuts are best, but salted are still a good runner-up. Dry-roasted nuts should contain three ingredients, tops: peanuts, natural seasonings, and maybe a touch of sea salt. If you prefer oil-roasted, go for it; calorie differences are teeny. Flavored nuts, like honey-roasted, can mean corn syrup and more, so skip those.

## Natural Peanut Butter

Spreads made of just peanuts and a dash of salt pack a protein-rich punch without the sugar and higher amounts of sodium that can show up in more-processed versions. All PBs have about 200 calories per 2 tablespoons. What about the reduced-fat kind? Since many brands use sugar to amp up the flavor, you don't save many calories in the end.



## Powdered Peanut Butter

This fairly new-on-the-scene powder is made by pressing out peanuts' oil—and around 90% of their fat—for a 45-calorie 2-tablespoon serving. Sprinkle over popcorn or into a smoothie, or for a classic PB vibe, mix with water to make a spread. Some powders include sugar, so look for 1 gram or less per serving.



## Peanut Sauce

The calories aren't bad (about 80 a serving), but sodium is the wild card with this Thai-inspired favorite. Some brands inch toward 700 milligrams—more than 100 potato chips' worth—in 2 tablespoons. Stick with those on the lower end (less than 100 milligrams), and flavor up a healthy mix of soba noodles and veggies.



## Peanut Brittle

Lots of brittles call for equal parts sugar and peanuts. That means a 2-ounce serving (about 2 square inches) can have 29 grams of the sweet stuff, so nibble sparingly.



## Packaged Trail Mix

Simple combos of peanuts and dried fruit are your best go-tos for trail mix, as long as you keep in mind that just a couple of tablespoons can contain 140 calories. Not bad, except who sticks to a couple? Skip the blends loaded with chocolate and fried banana chips, which can bring the calorie count to a ridiculous 300-plus calories for the same puny serving. Your best bet: a DIY mix of whole-grain cereal, raisins, unsweetened apricots, and unsalted peanuts. Tossed together in minutes, it will keep you going for hours.

**Sources:** Lauri Wright, Ph.D., assistant professor, Department of Community and Family Health, University of South Florida College of Public Health; Lisa Young, Ph.D., R.D., adjunct professor, Department of Nutrition, Food Studies, and Public Health, New York University

## Chocolate-Peanut Candy

With 25 grams of sugar (about the max you should get in a day) and 250 calories per pack, they can't be called virtuous. But the candy's 5 grams of protein may energize you longer than some other vending machine options. Wondering about peanut butter cups? They have about the same amount of sugar—but six times the sodium per serving.



### WHAT ABOUT PEANUT OIL?

**Research shows it's got nearly as much heart-healthy fat as olive oil. (Both oils have the same number of calories—119 a tablespoon.) Peanut oil also has a high smoke point, which is why it's a favorite for dishes cooked over very high heat, like stir-fries. Use the oil in any dish that would taste great with a hint of nuttiness.**



# Help, I Don't Like... Broccoli



Put that steamer basket away and get creative with this superstar veg, says chef April Bloomfield, author of the new cookbook *A Girl and Her Greens*. Broccoli shines when you make it her way and add surprising dashes of flavor (bacon, goat cheese...we're smiling already!).

## Broccoli with Bacon and Onion

Cut florets of 1 head (1 lb) **broccoli** into 2-inch pieces; peel the leftover stems and cut into 1-inch pieces. Heat  $\frac{1}{4}$  cup **olive oil** in a pot with high sides over high heat until shimmering. Add 5 strips **bacon**, cut into  $\frac{3}{4}$ -inch pieces. Cook, stirring, until edges crisp, 3 min. Transfer to a bowl, leaving fat behind. Stir broccoli into pot. Top with 1 small **onion**, thinly sliced. Cook, without stirring, until broccoli begins to brown, about 3 min, then cook, stirring, 3 min more. Reduce to medium-low. Add 2 pinches **red pepper flakes**, the reserved bacon, and 1 tsp coarse salt. Cook, stirring, until stems are tender with a slight bite, 5 min more. Toss with juice of  $\frac{1}{2}$  **lemon**.  
**Serves 4**

*Recipe adapted from A Girl and Her Greens, by April Bloomfield (Ecco) © 2015.*

325 cal, 28 g fat (7 g saturated), 9 g protein, 13 g carb, 4 g sugar, 4 g fiber, 796 mg sodium, 23 mg cholesterol



## April's Tasty Trick

► Use a pot wide enough to hold the broccoli in one snug layer and with high sides (6 to 10 inches). The veg will brown for flavor while also steaming for perfect crunch.

## Broccoli with Goat Cheese

Cut broccoli and heat oil as in recipe at left. Cook broccoli, 3 min, then reduce heat to medium, and cook, stirring, 3 min more. Reduce heat to low. Add 1 tsp coarse salt and 5 Tbsp water. Cook, stirring, until crisp-tender, about 5 min. Toss with juice of  $\frac{1}{2}$  **lemon**, 3 Tbsp crumbled **goat cheese**, 2 Tbsp chopped **parsley**, and  $\frac{1}{2}$  cup toasted **walnuts**.  
**Serves 4**



284 cal, 25 g fat (4 g saturated), 8 g protein, 13 g carb, 3 g sugar, 5 g fiber, 590 mg sodium, 7 mg cholesterol



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Mehmet Oz, M.D.



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# SWEET SPOT

These four desserts hit it, with a little less sugar but heaven-sent taste. Bet you can't tell the difference (a dozen testers couldn't!).

PHOTOGRAPHED BY RAYMOND HOM RECIPES BY LORI POWELL

## MANGO SORBET

How much sugar is added? How about... none? The sweetness is all from the fruit.

### Mango Sorbet with Coconut

Peel and chop 2½ lb **mango** (you'll have 4 to 5 cups total). Freeze in a resealable plastic bag, lying flat, until firm, about 4 hrs or overnight. Let stand at room temperature for 15 min. Break into small chunks. Puree with ½ cup water, ½ tsp **lime zest**, 2½ tsp **lime juice**, ¼ tsp finely grated **ginger**, and a pinch of fine salt in a food processor until smooth. Sprinkle each serving with 1 Tbsp toasted unsweetened **coconut flakes**. Garnish with lime zest.

**SERVES 4** 146 cal, 2 g fat (2 g saturated), 2 g protein, 33 g carb, 29 g sugar, 4 g fiber, 52 mg sodium, 0 mg cholesterol





## FLOURLESS CHOCOLATE-CHERRY BITES

With chocolaty goodness that rivals what you'd get in a "splurge" dessert, these teeny cakes are a big surprise.

### Chocolate Bites

PREP 15 min

COOK 30 min plus cooling time

SERVES 12

#### Baking spray

- 4 oz** bittersweet chocolate (such as 60% cacao), finely chopped
- 1 stick** unsalted butter, cut into pieces
- 1/3 cup** sugar
- 1 Tbsp** pure vanilla extract
- 3 large** eggs
- 1/3 cup** unsweetened cocoa powder
- 24 frozen** whole cherries (don't sub in fresh)

**HEAT** oven to 375° F. Coat a non-stick mini-muffin pan (24-cup) with baking spray. Melt chocolate and butter in a heatproof bowl set over a saucepan of barely simmering water, stirring until smooth. Remove from heat.

**WHISK** in sugar and vanilla. Add eggs one at a time, whisking until each is incorporated before adding next. Sift in cocoa and whisk until just smooth. Spoon about 1 Tbsp batter into each cup in pan. Press 1 cherry in middle of each cup.

**BAKE** until cakes rise and sides are set, 13 to 14 min. Let cool in pan on a rack for 15 min. Carefully remove with a small spatula or spoon. Let cool on rack to room temperature.

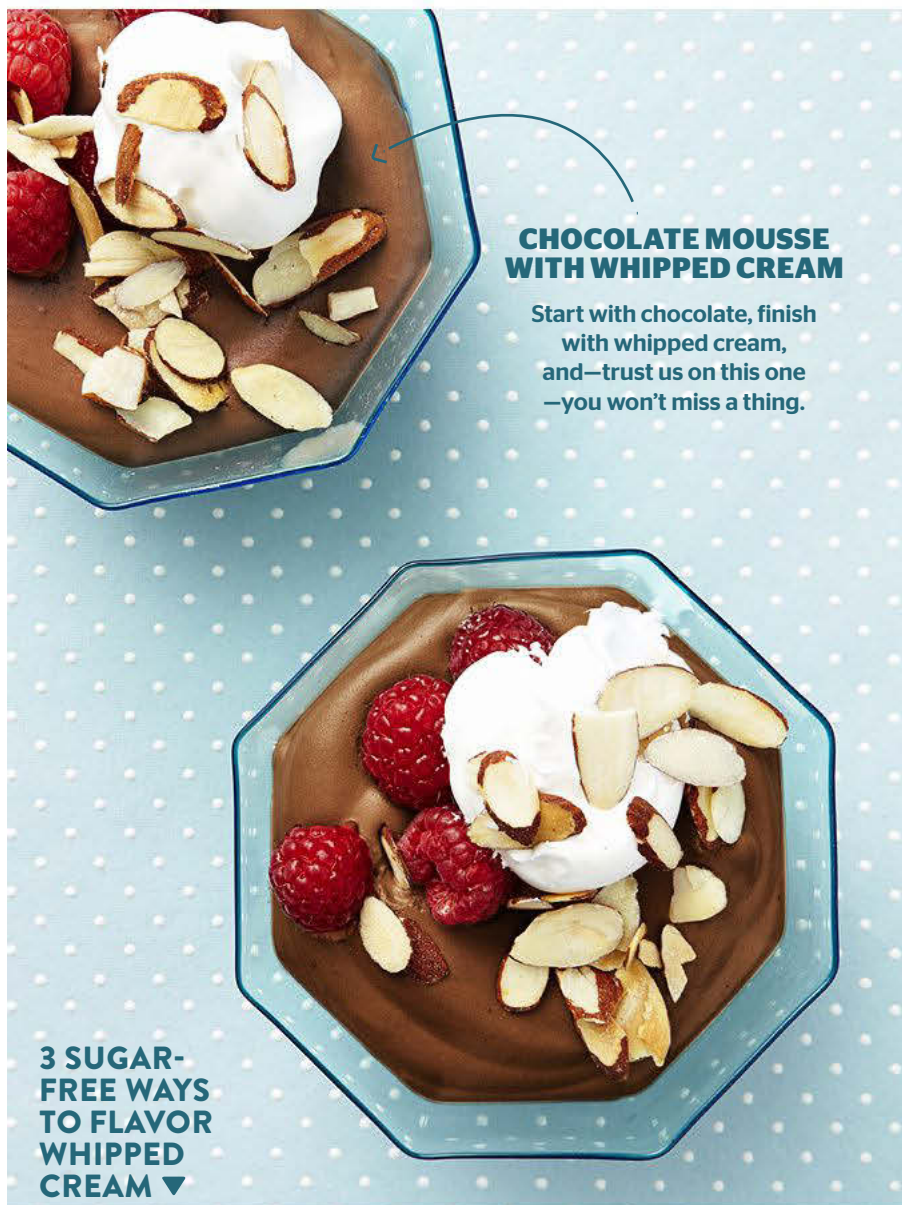
**Each Serving** (2 pieces) 180 cal, 13 g fat (8 g saturated), 3 g protein, 15 g carb, 11 g sugar, 2 g fiber, 20 mg sodium, 67 mg cholesterol



### THE KEY TO ALL OF THESE DESSERTS

Start with ingredients that have some health bona fides—fruit, dark chocolate, nuts, dairy—then use moderate amounts of sugar to build them into treats. Inventing your own? Aim for 3 tsp added sugar max per serving.





## CHOCOLATE MOUSSE WITH WHIPPED CREAM

Start with chocolate, finish with whipped cream, and—trust us on this one—you won't miss a thing.

### 3 SUGAR-FREE WAYS TO FLAVOR WHIPPED CREAM ▼

Whip  $\frac{1}{4}$  cup chilled heavy cream, and fold in any of the following:

► **ORANGE ZEST**  
 $\frac{1}{4}$  tsp

► **CINNAMON**  
 $\frac{1}{8}$  tsp

► **CACAO NIBS**  
2 tsp

## Chocolate Mousse

PREP 15 min  
COOK 6 min plus chilling time  
**SERVES 6**

- 3  $\frac{1}{2}$  oz bittersweet chocolate (60% to 72% cacao), finely chopped**
- 2 Tbsp unsalted butter, cut into pieces**
- 2 Tbsp brewed espresso or strong coffee**
- 4 large egg yolks**
- 3 Tbsp sugar**
- Pinch of fine salt**
- $1\frac{1}{4}$  cups chilled heavy cream**
- $\frac{1}{4}$  cup sliced almonds, toasted**
- Raspberries, for serving (optional)**

**MELT** chocolate and butter in a heatproof bowl set over a saucepan of barely simmering water, stirring until smooth. Remove from heat. Stir in espresso, and let cool slightly.

**WHISK** together yolks, sugar, and salt in another heatproof bowl. Set over the pan of simmering water, and whisk constantly until sugar is dissolved and mixture is thick and hot ( $160^{\circ}\text{F}$ ), about 3 min. Off heat, whisk in chocolate mixture. Let cool to room temperature.

**WHIP** 1 cup cream until soft peaks form. Stir  $\frac{1}{4}$  cup whipped cream into the chocolate mixture, then fold in the remainder.

**SPOON** mousse into ramekins or small bowls and refrigerate, loosely covered with plastic wrap, until set, at least 3 hours (and up to 1 day).

**JUST** before serving, whip remaining  $\frac{1}{4}$  cup cream until soft peaks form. Top mousse with almonds and raspberries, if using, and serve with whipped cream.

**Each Serving** 393 cal, 34 g fat (19 g saturated), 5 g protein, 18 g carb, 14 g sugar, 2 g fiber, 50 mg sodium, 203 mg cholesterol

## Mini Cheesecakes

PREP 20 min  
COOK 40 min plus chilling time  
**SERVES 12**

- $\frac{3}{4}$  cup old-fashioned rolled oats**
- $\frac{3}{4}$  cup walnut halves**
- $\frac{1}{2}$  cup plus 1 tsp sugar**
- $\frac{1}{8}$  tsp fine salt**
- 3 Tbsp unsalted butter, melted**
- 2 (8-oz) packages cream cheese, room temperature**
- 3 large eggs, room temperature**
- 1 tsp pure vanilla extract**
- $1\frac{1}{2}$  cups chopped strawberries**
- $\frac{1}{2}$  tsp lemon zest plus 2 tsp lemon juice (or to taste)**

**HEAT** oven to  $400^{\circ}\text{F}$ . Line a 12-cup muffin pan with cupcake liners. Finely grind oats, nuts, 1 tsp sugar, and salt in a food processor. Transfer to a bowl and stir in melted butter with a fork. Divide oat mixture among cups in pan, pressing about 1 Tbsp into bottom of each.

**BAKE** until crusts are golden brown, about 18 min. Let the crusts cool in pan on a rack until warm or room temperature. Reduce oven to  $350^{\circ}\text{F}$ .

**BEAT** cream cheese, eggs, remaining  $\frac{1}{2}$  cup sugar, and vanilla until smooth. Spoon about  $\frac{1}{4}$  cup over each crust, smoothing tops.

**BAKE** until set around edges but still slightly trembling in centers, about 20 min. Let cool completely in pan on rack. Refrigerate in pan, loosely covered with plastic wrap, until firm, about 30 min.

**BEFORE** serving, stir together berries, lemon zest, and juice. Let stand until juicy, about 30 min. Top each cheesecake with berries.

**Each Serving** 282 cal, 22 g fat (10 g saturated), 6 g protein, 16 g carb, 11 g sugar, 1 g fiber, 181 mg sodium, 96 mg cholesterol

**Special thanks** to Ellie Krieger, R.D., host of Food Network's *Healthy Appetite* and author of *Weeknight Wonders*.





**MINI  
STRAWBERRY  
CHEESECAKES**

These cakes trade the usual graham cracker crust for a crazy-good version made with oats and nuts. (In a word, yum.)







# HELLO BEAUTIFUL.

When it comes to looking and feeling beautiful, your diet plays an important role. Choose foods made with real and simple ingredients as well as good fats—which provide essential fatty acids such as omega-3 ALA and omega-6 LA.

The Culinary Team at **I Can't Believe It's Not Butter!**® crafted a simple and delicious recipe that incorporates good fats such as avocado and buttery spreads made with plant-based oils. Now, isn't that beautiful?



Visit **ItsTimeToBelieve.com**  
for more delicious recipes.

## SHRIMP TACOS WITH AVOCADO-MANGO SALSA

4 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 4 MINUTES

- |           |  |
|-----------|--|
| 1         | medium mango, chopped  |
| 1         | medium avocado, chopped  |
| ½         | cup chopped red onion  |
| ¼         | cup chopped fresh cilantro   |
| 2 Tbsp    | lime juice   |
| 12 ounces | uncooked extra-large shrimp  |
| 1 tsp.    | chili powder   |
| ¼ cup     | <b>I Can't Believe It's Not Butter!</b> ® Spread   |
| 8         | (6 in. ea.) corn tortillas or flour tortillas,<br>warmed according to package directions |

Combine mango, avocado, onion, cilantro, and lime juice in bowl; set aside.

Season shrimp with chili powder. Melt Spread in large nonstick skillet over medium-high heat and cook shrimp, stirring occasionally, until shrimp turn pink, about 3 minutes.

Spoon shrimp into tortillas; top with salsa. Serve, if desired, with lime wedges.



new!  
**SIMPLE**  
RECIPE



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0% ARTIFICIAL  
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It's time to   
**believe**

\*One serving (1 Tbsp.) contains 295mg of omega-3 ALA, which is 18% of the 1.6g daily value for ALA.

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# EAT LIKE DR. OZ, ANYWHERE YOU GO!

I've scoured the menus  
at 20 of **AMERICA'S  
FAVORITE EATING SPOTS**  
to find the **HEALTHIEST  
PICKS** at each. So...

WHAT'LL  
IT BE?

Want the  
fries?  
Use my  
serving-size  
trick.

PHOTOGRAPHED BY MATTHEW ROLSTON



*Bored with chicken? Steak  
can be a healthy choice.*

**Doughnut  
with that?  
Here's the  
low-sugar  
option.**

*Going for pizza?  
One ordinary  
switch saves  
major cal.*

# Menu

*Burger craving?  
You can have  
one with fresh  
toppings.*

**Starving when  
you sit down? I'll  
give surprising  
starter options.**



# YOUR SURPRISE OF THE DAY: YOU CAN EAT OUT AT FAST-FOOD PLACES AND TOP CHAIN RESTAURANTS WITHOUT POST-MEAL REMORSE OR EXTRA POUNDS.

Increasingly, the big names in burgers, pizza, burritos, and even fried chicken offer refreshingly smart choices that won't break your calorie bank. And they're not all salads and yogurt parfaits, I promise! Consider this your quick and easy survival guide to ordering right, no matter where you are.

## 1. Applebee's

Thanks to a healthy, keep-you-satisfied hit of protein, two-thirds of what you need in a day, the turkey breast sandwich gets my vote. Even with a little mayo, it's still good on calcs, and I like that lettuce and tomato on top. My runner-up: a half portion of chicken Caesar salad that will fill you up with greens and cheese.

► **Classic Turkey Breast Sandwich** **560 cal**

► **Grilled Chicken Caesar Salad** with dressing (half size) **400 cal**



## 2.

A classic burger doesn't have to blow your calorie budget. This one includes fixings and still has fewer than 250 calcs—pretty good for a fast-food patty. And the sodium is low enough that there's still room for

an order of fries. Want an even bigger hit of protein plus satisfying fiber? Order up a veggie burger—but sodium's higher, so hold the fries on this one.

► **Regular Hamburger** with ketchup, mustard, and pickles on sesame seed bun **230 cal**  
► **PLUS Value Size French Fries** **240 cal**

► **MorningStar Veggie Burger** with lettuce, tomatoes, onion, and ketchup on sesame seed bun—hold the mayo **320 cal**



## 3.

I love to see farro, a nutrient-dense whole grain, hitting the big time here,

served up next to grilled chicken and so many great veggies. If you're in the mood for a burger, try their turkey version.

► **Tuscan Chicken**, served with tomatoes, artichokes, capers, fresh basil, and balsamic vinaigrette, over fresh vegetables and farro **590 cal**

► **SkinnyLicious Grilled Turkey Burger** with grilled onions, lettuce, tomato, mayo, and a green salad **500 cal**



## 4.

If you're at Chili's, you want the namesake dish! I'm happy to say the beef

chili is surprisingly low in calories and sodium—and I'll give you extra credit if you round things out with a salad or other veggie.

► **Cup of Terlingua Chili** **200 cal**  
► **PLUS House Salad** (hold the dressing and drizzle with olive oil and vinegar) **243 cal**



## 5.

Their terrific vegetarian rice-and-bean combo provides half or more of your daily fiber quota. Sounds good to me. More of a carnivore? The steak bowl is also an unexpectedly good choice—and the veggies and salsa with it provide half your daily vitamin C.

► **Burrito Bowl with Black Beans and Fajita Veggies**, brown rice, and fresh tomato salsa **360 cal**

► **Burrito Bowl with Steak and Fajita Veggies**, brown rice, and tomatillo-green chili salsa **430 cal**

**OZ EAT-OUT TRICK: “Smallerize” It**  
**Love fries? (Who doesn't?) You can satisfy your craving without going overboard. Ask for the smallest size on the menu—and keep in mind that it might be disguised. “Value”-size fries at Burger King, for instance, are actually smaller than the “small”—and save you 250-plus calories over a large order.**





Healthy eating can include a treat now and then. You're at Dairy Queen, after all, so save room for dessert. A great ordering hack to save calories: Ask for the kids' size on your cone—you'll save 60 cals compared with a small cone and 300 compared with a large order. Even with a grilled chicken wrap topped with lettuce and cheddar cheese, you'll still come in under 500 calories—impressive for a meal that includes ice cream.

- **Grilled Chicken Wrap** 280 cal  
**PLUS** Kids'-Size Chocolate Cone 180 cal



The secret is to go for the thin-crust pizzas, which are made with a smaller portion of cheese. More good news: Less crust also means less sodium. (Plus, pizza's a great vehicle for veggies, so bring 'em on.)

- **Medium (12-inch) Thin-Crust Chicken, Green Pepper, and Onion Pizza** (3 slices) 435 cal
- **Medium (12-inch) Thin-Crust Veggie Pizza** with fresh baby spinach, fresh mushrooms, black olives, and diced tomatoes (3 slices) 405 cal



A breakfast sandwich can be a smart splurge, as long as you stick to this trick: Order it on an English muffin instead of other breads, and you'll save close to 200 calories. My pick in the doughnut category has less sugar (8 grams) than some energy bars.

- **Bacon, Egg & Cheese** on English muffin 290 cal  
**PLUS** Medium Coffee with milk (iced or hot) 40 cal
- **Apple n Spice Donut** 270 cal  
**PLUS** Medium Coffee with milk (iced or hot) 40 cal



I go for the eggs and leave the yolks in. (The latest science shows they're highly nutritious, so no need to stick to just the whites!) Add a couple of sides, and you've got a substantial meal with a nice balance of protein, fruit, and carbs.

- **2 Eggs Any Style** (I like sunny-side up) 260 cal  
**PLUS** Seasonal Mixed Fruit 60 cal  
**PLUS** English Muffin with pat of butter 156 cal



My strategy with grilled cheese is to healthify it every which way I can, adding sliced tomato and swapping white bread for



In sizing up the options, I've kept an eye on key factors like calories, sodium, and good-for-you nutrients. For this roundup, I've capped calories at 650 per meal. Aim for this as your max, and if you can get closer to 500, then even better.





How would you like that coffee?

Good news: You don't need to ask for skim milk. Two percent tastes better and is still a healthy pick.



**PLUS Side Salad** with Newman's Own Creamy Southwest dressing **120 cal**

► **McChicken Sandwich** with regular bun, shredded lettuce, mayonnaise dressing **370 cal**

**13. Olive Garden**

The better time of day here for a pasta fix is lunch, when the Italian chain's lighter menu offers a ravioli that comes in at under 600 calories and doesn't go overboard on the sodium. At dinner, if you're looking for a protein-rich meal, you won't go wrong with the grilled salmon.

► **Ravioli di Portobello** **590 cal**

► **Herb Grilled Salmon**, served with steamed garlic broccoli **470 cal**

**14. OUTBACK STEAKHOUSE**

As long as it's an occasional feast, steak gets my nod of approval. Pair the meat with a big serving of veggies for a protein-and-fiber combo that will stave off hunger.

whole wheat. Chili would be my other go-to on this menu, with 14 grams of protein—a good helper for appetite control.

► **Grilled Cheddar Cheese** on wheat bread with tomato **470 cal**

► **Chili Bowl** (hold the cheese—it adds 110 calories) **380 cal**



**11.** Here's a handy tip: KFC's Original Recipe items are generally lower in fat and sodium than their Extra Crispy counterparts. Remember, too, that looks can be deceiving: Chicken

Littles might seem "bad" because they're breaded, but the calories are surprisingly low. P.S. Slaw and corn count as veggies—order them and dig in.

► **2 Original Recipe Chicken Drumsticks** (4 oz total) **240 cal**  
**PLUS 2 pieces Corn on the Cob** with 1 packet Colonel's Buttery Spread **170 cal**

► **Chicken Littles Sandwich** (hold the sauce—it adds 100 calories) **210 cal**  
**PLUS Side of Cole Slaw** **170 cal**



**12.** If you're all about the burgers at this chain, a

single patty won't swallow your calorie count for the day. If not, I say go for the chicken patty: The crispiness might fool you, but the sandwich is actually relatively low in calories and provides satisfying protein.

► **Regular Hamburger** with bun, ketchup, pickle slices, onions, and mustard **240 cal**

### OZ EAT-OUT TRICK: Find the Veggies

To save on calories, I skip the starters, which can often be more caloric than they appear. Instead I pump up my entrée with a vegetable side dish: broccoli, a house salad, coleslaw—there's almost always something good and crunchy on the menu that's only 50 to 200 cals, versus 500 to 1,000-plus for many apps.



# IN OUR FAMILY, WE TRY TO THINK OF EATING OUT AS A TREAT, NOT A DAILY HABIT. MY SON'S FAVORITE SPOTS TO ORDER FROM: CHIPOTLE AND SUBWAY.

- **Outback Special Sirloin** 6 oz & asparagus (premium side) & sweet potato **603 cal**



15.

Your tasty plan of attack here is to lean on the lean proteins—like chicken—for the main dish, then ramp up the meal's fiber with brown rice and steamed veggies as your sides.

- **Grilled Teriyaki Chicken** with half serving of brown rice and half serving of steamed mixed veggies **545 cal**



16.

Divide and conquer—that's the secret to sandwich success. Order these sandwiches by the half, and you'll still get a good-size portion while slashing calories and sodium.

- **Half Napa Almond Chicken Salad Sandwich** on sesame semolina **340 cal**  
 PLUS **Half Classic Salad** with standard dressing **80 cal**

- **Tomato Mozzarella Flatbread** (1 bread) **350 cal**



17.

When it comes to seafood, broiled or grilled is the way to go, not batter-fried. This meal keeps things simple while providing more than a day's worth of protein and a good measure of veggies, thanks to the sides.

- **Oven-Broiled Wild-Caught Flounder or Sole** **340 cal**  
 PLUS **Green Beans and Baked Potato** **290 cal**



18.

The vegetarian salad—packed with a rainbow of colorful produce—supplies your full daily requirement (and then some) of vitamins A and C. The Protein Box is no slouch, either: With more than 25% of your daily dose, it lives up to its name. But what's

a trip to this chain without a coffee? Ask the barista to make yours a cappuccino.

- **Hearty Veggie & Brown Rice Salad Bowl** **430 cal**  
 PLUS **Tall 2%-milk Cappuccino** **90 cal**

- **Protein Bistro Box** with hard-cooked egg, cheese, multigrain bread, fruit, and a peanut butter-honey spread **380 cal**  
 PLUS **Tall 2%-milk Cappuccino** **90 cal**



19.

If you're looking to break out of a turkey sandwich rut, you've got options. Unlike the average meatball sub, this one actually makes a nutritious meal. (All of those veggies give it a surprisingly high amount of fiber—8 grams.) And who knew a ham sub could be heart-healthy?

- **6-inch Meatball Marinara** on nine-grain

wheat with cucumbers, green peppers, lettuce, red onions, and tomatoes **480 cal**

- **6-inch Black Forest Ham** on nine-grain wheat with cucumbers, green peppers, lettuce, red onions, and tomatoes with olive-oil-blend dressing **330 cal**



20.

The steak chalupa is almost nutritionally identical to the chicken—and both are surprisingly low in sodium and calories. While you'd never guess it from the name, the burrito is also a smart choice—with 6 grams of fiber.

- **Chalupa Supreme with steak** **350 cal**  
 ► **Cheesy Bean and Rice Burrito** **420 cal**

## OZ EAT-OUT TRICK: Switch It Up

Chicken and turkey are great choices, but don't feel you need to order them every time you're looking for the healthy option. In fact, on some menus I was surprised to find that a beef or pork item was as smart as the poultry (check out what I picked at Subway and Taco Bell, for example).

All meals are under 650 calories and 1,000 mg sodium and meet dietary recommendations for fat intake. Visit restaurant websites for more nutritional information.





## Food News You Need Now



Just pop the stem into a hole...

...and pull it through to grab just the leaves.

### Let It Rip!

Nobody loves leafy goodness more than we do, but let's face it—separating greens from tough stems is a pain. That's why we're head over heels for the Chef'n Loose-leaf. This time-saving superstar makes it easy to strip veggies and herbs like kale, Swiss chard, collards, oregano, and rosemary (shown). Just thread the stem through the smallest hole it fits into and give it a good tug. (\$8, [surlatable.com](http://surlatable.com))

### The Next-Best Thing to a Spa Trip

Treat yourself to *The Ranch at Live Oak Cookbook*. Its nourishing plant-based recipes were developed at the famous California health spa. Some dishes are hearty (mushroom stew), others are refreshing (fruit salad with chili salt), and all of them taste as fantastic as they'll make you feel.

### Heart-Happy Hour

Great news: That summery cocktail is science-approved. A study in the *European Heart Journal* found that women in their forties, fifties, and sixties who drank seven servings of wine, beer, or liquor every week had a 16% lower risk of heart failure.



### Go Nuts

Want to eat better without really trying? (Who doesn't?) Grab a handful of tree nuts, like walnuts or almonds. New research shows that people who eat about 1.5 ounces of tree nuts a day tend to have healthier diets, with higher intakes of filling fiber and other nutrients. A little inspiration:

- Give a salad crunch with chopped pistachios.
- Spoon cashew butter into smoothies.
- Sprinkle toasted pine nuts over pasta.



### This Dip Packs a Protein Punch

There's some chickpea alchemy happening in Hope Food's tasty spreads. They're all preservative-free and delicious, but we especially like the Organic Super Hemp Hummus. It tastes a bit nuttier, and healthy hemp seeds sneak in extra protein. The Organic Spicy Avocado Hummus is also a fave. (\$5 each, see [hopefoods.com](http://hopefoods.com) for availability near you)



# Are You **AT RISK** For Gynecologic Cancer?



Cassandra Foy  
Patient at Cancer Treatment Centers of America®

**While breast cancer is a hot topic in the national media, it's important to be informed on other women's cancers that don't get as much media attention.**

Gynecologic cancers are cancers that affect the female reproductive organs, including the ovaries, endometrium, uterus, cervix, fallopian tubes, peritoneum, vagina and vulva. And, just as women have become more aware of the warning signs of breast cancer, it's equally important for women to understand the facts about gynecologic cancer.

Roughly 71,500 women in the United States each year are diagnosed with a gynecologic cancer,<sup>1</sup> and the risk increases with age. The most common gynecologic cancer is endometrial/uterine cancer, which affects more than 52,000 women annually in the U.S.<sup>2</sup>

The key to lowering the risk for these cancers is preventive care and early diagnosis. And for many women, that may mean taking time out from busy family and work schedules to put their health first.



50

## **Cervical cancer**

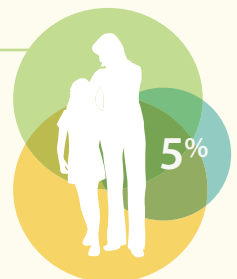
*tends to occur during midlife. Most cases are found in women under the age of 50, and it is linked to human papillomaviruses.*

## **Endometrial cancer**

*is rare for women under the age of 45; most cases are found in women over 50.*

## **Ovarian cancer**

*affects up to 5% of women who have it in their family histories. It has the highest mortality of the gynecologic cancers, killing more than 14,000 women annually in the United States.<sup>3</sup>*



5%



## KNOW THE WARNING SIGNS

Common signs of endometrial cancer are vaginal bleeding after menopause, bleeding in between periods, very painful cramps and pelvic pain, and abnormal discharge.

Ovarian cancer tends to be diagnosed at a more advanced stage, because there is no routine screening test for it. The signs may be different for each woman, and when present, some common symptoms are abdominal bloating, indigestion or nausea, changes in appetite such as loss of appetite or feeling full sooner than normal, feeling pressure in the pelvis or lower back, changes in bowel movements, increased abdominal girth, and feeling tired or having low energy.

When present, common symptoms for cervical cancer are vaginal bleeding in between periods, after intercourse or post-menopause; unusual vaginal discharge that is watery, pink and foul-smelling; pelvic pain; weight loss; fatigue; back pain; and leakage of urine or feces from the vagina.



**Fertility is an important consideration for any woman diagnosed with cancer, especially gynecologic cancer.**

Depending on your age, diagnosis and type of cancer treatment recommended (e.g., chemotherapy, radiation therapy, surgery), you should talk with your doctor about options for preserving fertility. It is crucial to have this conversation as early as possible after diagnosis, when the most options remain open to you.

### Key questions to ask your doctor:

1. What effects will the recommended cancer treatments have on my fertility?
2. What can be done before starting treatment to preserve my fertility?

## TAKE PREVENTIVE ACTION

You can play an active role in reducing your chance of developing gynecologic cancers. A key factor for survival of these cancers is early diagnosis.



**Make healthy choices for yourself**, such as a well-balanced diet, an active lifestyle, quitting or avoiding smoking, maintaining a healthy weight, and safe sex practices.



**Pay attention to your body**—being in tune with your body makes it easier to detect abnormalities.



**Make time for an annual physical.** A Pap test is an important check for abnormal cells in the cervix, because in most cases of cervical cancer there are no noticeable symptoms. Routine pelvic exams may also improve the likelihood of early detection for endometrial cancer. For women over 30, the HPV test screens for high-risk HPV strains that may lead to cervical cancer.



**Educate yourself on your health history and your family's health history.** Having close relatives on either side of the family who have had ovarian cancer increases a woman's chance of getting ovarian cancer herself.

## "Understand your own risk factors—and your family history—and have an open dialog with your primary care physician."

DR. MAURIE MARKMAN, PRESIDENT OF MEDICINE & SCIENCE,  
CANCER TREATMENT CENTERS OF AMERICA\*

## IF YOU'RE DIAGNOSED

Find a comprehensive cancer center that provides excellent care with an integrative, multidisciplinary team, preferably with one or more dedicated gynecologic oncologists on staff. These specialists focus specifically on treating gynecologic cancer and have specific training and expertise to offer. Your gynecologic oncologist can orchestrate a team of experts including dietitians, counselors, physical therapists, acupuncturists, and nurses and other clinicians working to treat your cancer and make you as comfortable as possible throughout your treatment.

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek treatment at CTCA® as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call **855-587-5528** or go to **cancercenter.com**.



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## THE CHEATER'S GUIDE TO MEDITATION

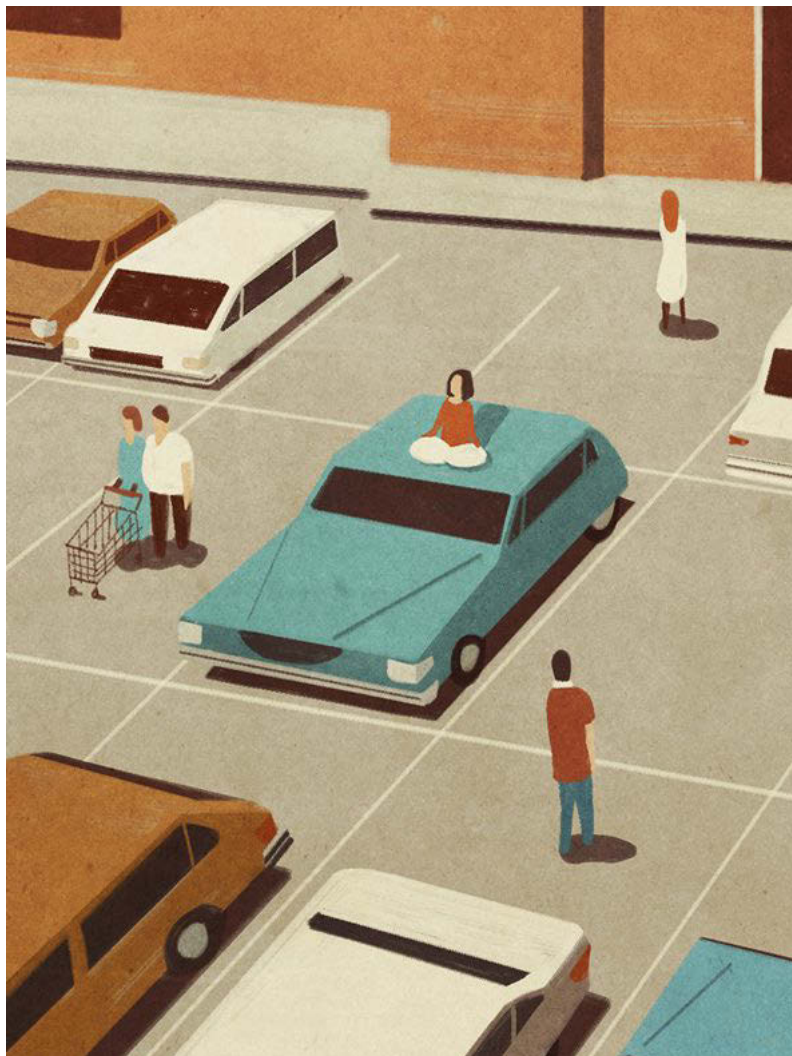
Looking for a no-incense, no-nonsense, got-no-time way to clear your mind? These easy mini-meditations work for the busy and the skeptical, and reward you with focus, mental strength—maybe even patience with slow WiFi!

BY GINNY GRAVES

Meditation is such a *thing* now. Celebrities from Ellen DeGeneres to Jerry Seinfeld rave about how vital it is to health and happiness. But what if you're too antsy to sit still while focusing on your breath? What if you'd rather renew your license at the DMV? There is another way. New research shows that ultra-short meditation breaks can bring a meaningful dose of calm to your hair-on-fire life. "The benefits start accruing after minutes, not hours," says Michael Irwin, M.D., director of the UCLA Mindful Awareness Research Center. "It's like exercise: The more you do, the more you get out of it, but short sessions can be effective."

Still thinking, why bother? Because this simple practice can train your brain to cope better with everything a day flings your way. It can make you





**A mindful moment helps you keep your peace—yes, even in your car, or the slow lane at the grocery store.**

more patient when the kids are playing Xbox instead of doing their homework. Less compulsive about checking your phone (hello, all you InstaPinterTwit-Book addicts). Less likely to lie awake at 2 A.M. fretting about that weird mole on your mom's arm.

Truth is, most of us spend half our time on autopilot, our brain spinning about something that happened yesterday or might happen tomorrow. And when we're stressed, the fear and worry center of our brain steers the ship—meaning we don't make the most thoughtful decisions, says psychologist Steve Hickman, Psy.D., executive director of the University of California

at San Diego Center for Mindfulness. "Meditation trains you to be more conscious of the present moment, so you can see your alternatives more clearly and make smarter choices," he says. You can reap the benefits efficiently: In a 2015 study, nurses who did five-minute meditations before their shifts felt less stress during their jobs, and research shows that 10-minute bouts can improve focus and memory.

Meditation isn't complicated. All branches share these basics: Place your mind on a single focus (your breath, a word, a candle flame), notice thoughts that come up, and gently let them go without judging yourself for having them. But just as you need to get in shape for a 5K, you have to train yourself to meditate. Think of it as practice

for being a better you, and use these five ideas to sneak serenity into the blank spaces of your day.

## 1 When you're walking solo

Headed out for a stroll? Make it into mindfulness meditation by bringing your awareness to what's happening *only* in the moment. Research shows that doing this may lower stress hormones, reinforce immunity, and improve sleep.

Here's how: Take a few deep breaths. Then, start moving and notice your feet hitting the pavement, your leg muscles working, your heart speeding up. If you get distracted by a store window or passerby, acknowledge the thought, then bring your focus back to your body.

The beauty is that you can do this anytime—on your way to your car, grabbing lunch, even in the supermarket. Instead of getting frustrated by any holdups, ground yourself in the moment by noticing what you're thinking and feeling, says Dean Sluyter, a meditation teacher and author of *Natural Meditation: A Guide to Effortless Meditative Practice*. "Sensations will arise—the coolness of the air in the freezer section, the sights of the other shoppers. See how these feelings come and go and how little is required of you, besides your attention."

## 2 While you're driving

"Everybody gets impatient at a red light, but why not use those 20 seconds to tune in to the moment?" says Sluyter. The light isn't something you can do anything about anyway—like so many things—so use it as a chance to practice pausing mindfully. The more you do this, the easier it will be to react deliberately in other situations, from getting stuck next to a crying baby on a plane to being put on endless hold on the phone. "When you run into something you can't change, you choose how to respond. That gives you a sense of control in out-of-control moments," says meditation instructor Donna D'Cruz.

Here's how to chill out when you're behind the wheel: Breathe in and out normally. "Zero in on your body—the





## Why It's So Hard to Just Sit

We're all willing to clean the kitchen for 10 minutes, but lots of us say "No way" to sitting down for the same amount of time for a little inner housekeeping. Overcome these blocks:

### ► IT FEELS A LITTLE SELF-INDULGENT.

"This concern is incredibly common, especially among those in caregiver roles who feel they're shortchanging others if they take any time for themselves," says psychologist Steve Hickman. "But the old airplane cliché really does apply: We need to put on our own oxygen masks before we can help others effectively. So think of meditation as oxygen for your mood and your mind."

► YOU'RE TOO AMPED UP ABOUT WHAT YOU'RE NOT GETTING DONE. Irony alert! "The more worried you are about the length of your to-do list, the more you need to take a moment to settle your mind," says meditation teacher Dean Sluyter. "Even three minutes of following your breath will help you think more clearly and be more gentle with yourself—both of which will help you function more efficiently."

## DR. OZ'S MEDITATION RX

The best way to get better at gently releasing your thoughts is not to judge them. So try taking a No Judgment Day: Spend 24 hours without criticizing yourself or anything else—it's one of the healthiest things you can do.

feeling of the steering wheel, your foot on the brake pedal, your stomach full of breakfast," says Sluyter. "Then expand your awareness to passing cars, traffic sounds, the early-morning light. Accept the moment as it is." Easier said than done, sure. But if you find yourself grumbling in the face of traffic, a slow elevator, or a delayed train, remember that you can't mess meditation up. In fact, those nattering thoughts can be good, because they give you opportunities to practice the important skill of bringing yourself back to what's happening right then.

### 3 Before a busy day

It might seem counterintuitive to stop and meditate when you're faced with a mountain of chores, but mindfulness can help center you before you dive in. "It's hard to understand how sitting and focusing on your breath could actually be beneficial," admits Sluyter. "But taking even five minutes to follow your breath can help you be more directed and productive the rest of the day. You're training your mind to stay in the moment—the same tools you need to get things done."

When you're feeling swallowed up by your day, make a list of what you need to do, and read it a couple of times. Then close your eyes and breathe, allowing thoughts of each task to float through your mind. Note your emotional and physical reactions. Does one sound fun while another sounds dull or difficult? How does your body feel? Tense? Relaxed? Jittery? Name those emotions: *I feel anxious. I'm afraid I might fail.* Often, it's not the task that's daunting but the feelings attached to it. By recognizing them, you neutralize the task's emotional charge and loosen its stressful hold on you. The result? You're more productive because you're less overwhelmed.

### 4 When you're in front of a screen

Technology consultant Linda Stone coined the term *email apnea* when she found that we breathe more shallowly when we're emailing—or working in front of any screen. Breath holding contributes to stress and a pileup of related illnesses.

And you know those pings and buzzes from our phones and computers? Every time you hear one, you get a surge of dopamine, the same neurotransmitter associated with addictive behavior. "Staying mindful helps curb that emotion," says Hickman.

Use each alert as a cue to take three breaths. Inhale, letting air fill your belly, then empty it fully. Let your mind follow the movement of the air—exhaling activates the calming branch of the nervous system.

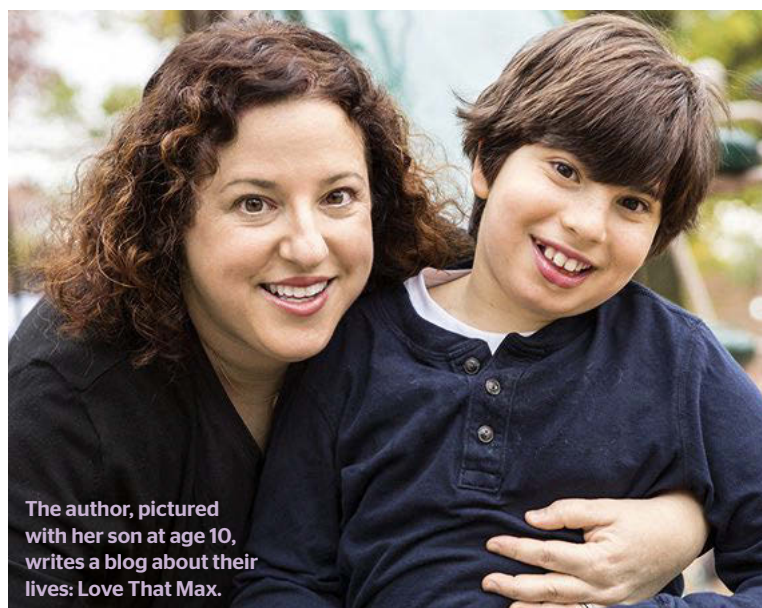
### 5 When you're in the shower

This may be your only time to yourself, so make the most of it by staying aware. "Notice the warm water, the slippery feeling of soap on skin, the scent of your shampoo," says Hickman. When you start thinking about what to wear or how to contribute to the Tuesday meeting, gently return your attention to the sensory experience you're having now. "Don't struggle with your thoughts," says Sluyter. "Instead, let them be part of your background experience, like diners at another table when you're with your friends. You hear them talking—they might even capture your attention briefly—but you naturally let distractions go and turn back to your friends." By taking advantage of those 10 minutes in the shower, Hickman adds, you set a calm, accepting tone for the whole day. Instead of an OMG, you start off with a little Ahhh.



# MY MINI LIFE COACH

How do you get through just about anything? Find a hero, who can show you by example. For Ellen Seidman, that's a 12-year-old who never quits in the face of struggle: her son.



The author, pictured with her son at age 10, writes a blog about their lives: *Love That Max*.

**MAX IS CLIMBING THE STAIRS** to the second floor of our house, moving slowly so he doesn't lose his balance. He carefully places one foot and lifts himself up, clinging to the rail for dear life as I stand behind him. Every step is downright miraculous; this is a kid who wasn't even supposed to walk.

Max had a stroke at birth that resulted in brain damage and cerebral palsy, a condition that messes with your muscles. I can picture him at 2 years old, commando-crawling along the floor like an army soldier to get around when his arms and legs weren't strong enough to hold up his body. At 12, he's still that gutsy kid. His speech is impaired, but he will doggedly repeat himself or use a communication app until he is understood. Reading, spelling, and math don't come easy, yet Max doesn't know how to quit—he just knows to keep trying, willing his body and mind to find a way.

I'm right there with him. My life as Max's mom has been a daily practice of dedication and tenacity;

I've sat in countless doctor and therapist appointments over the years to hear sobering truths about his delays, then pushed myself to deal with whatever was next. I massaged Max's limbs every evening, hoping to alleviate the stiffness. We tried alternate remedies like hyperbaric oxygen treatment (Max would lie in a long glass tube next to me or my husband as 100% pure oxygen poured in, theoretically sparking brain activity). We got Max speech therapy, physical therapy, occupational therapy, and even music therapy. Our motto: If it couldn't hurt and it might help, we'd do it.

It's not always easy, but Max is my model for saying yes to the things that are hard. My son has made me a better mom, and he's also made me a more successful human being. I've joked to my husband that Max has a future as a life coach because his determination has helped power my own when I've faced challenges over the years, whether with work, finances, or, recently, my health. My doctor let me know, in no uncertain terms, that I needed to lower my cholesterol. If I didn't course-correct now, I'd be at risk for heart disease.

What I've learned from all my efforts with Max is that I have to deal with this challenge head-on, and not wait for when I might *feel* like it. I started making little eating changes that added up, like trading in my breakfast bagel with

cream cheese for Greek yogurt, and having a salad at both lunch and dinner

before I dig into the rest of my meal. I began exercising more, speed walking for at least 40 minutes a day. So far, I've taken off 10 pounds (halfway there!), my mojo often fueled by Max. As I'm huffing and puffing on the treadmill at the gym and I'm tempted to stop, I think, *Max never quits*. And I keep on going.

Every time Max hits the stairs, I get another shot of perspective. In the course of the two minutes it takes to walk up 14 steps, with Max unwaveringly going at it, whatever's weighing on my mind inevitably feels lightened. I can deal. When Max reaches the top I say, "Good job!" like I always do. He beams at me and I give him a big smile right back. Once again, this boy has shown me the way.

**Every step is miraculous; this is a kid who wasn't supposed to walk.**



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# 9

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# Can You Pass the Marshmallow Test?

It's all about self-control. But don't panic. If you're running low, new science will show you how to build more willpower. Strong stuff!

---

The 50-year-old experiment has shown how willpower drives health, achievement, and happiness.

It's simple. Which would you choose: one treat now, or more later?

---



We all have our weaknesses. Eve had her apple; Achilles had his heel. For me, it's Brie cheese and a glass of pinot. And the preschoolers in Walter Mischel's iconic psychology experiment had their willpower tested by marshmallows, cookies, and candies.

In the 1960s, at Stanford University

in California, Mischel conducted what is now a classic experiment in self-control. He offered a group of 4- and 5-year-olds the choice between eating one marshmallow (or cookie, or candy) now or waiting alone, for up to 20 minutes, to have two.

The children sat facing the treat,

BY JANE MULKERRINS



with a bell they could ring to summon a researcher and gobble their single sweet. Some distracted themselves long enough to claim a double reward, while others struggled valiantly but, too tempted by the deliciousness, dove for the bell and the marshmallow.

The initial experiment—which became known as the Marshmallow Test—revealed that some children have more self-control than others. But the follow-up work proved even more intriguing: Over time, the research showed that those children who could wait were life’s winners: Not only were they slimmer (no shock), they were also happier, got better grades, achieved more goals, and coped better with stress than those who ate the single treat.

“Self-control is immensely important,” says Mischel, who calls it the “master aptitude.” “It’s a foundation for having a better chance in life,” he says. Whatever tempts you, “if you cannot control impulses and cravings, the long-term impact can be devastating.” Scary news for those of us who would have scarfed down that first marshmallow.

But the picture improved as Mischel revisited his subjects at intervals—in their teens, midtwenties and early thirties, and recently in their late forties. Some of those who struggled with delaying gratification mastered it later in life. “This was the most interesting and significant aspect of the findings for me,” says Mischel. “Our work has shown that the cognitive skills involved in self-control can be taught, and learned.” He set out to discover why, and how, people build willpower.

## Find a Purpose

The day I interviewed Mischel at his home, I got a text from a friend toughing out a three-day juice cleanse. She was wavering, and it was only the first afternoon. I felt her pain; that morning I couldn’t resist the free bagels at work when the scent of cinnamon wafted from the kitchen. Self-control seems to be a daily struggle for most of us. Is it possible to improve willpower so much that this will be the year you finally cut

out reality TV or drop that five pounds of ice-cream weight? It is, says Mischel.

The Austrian-born, Brooklyn-raised psychologist is now 85 but shows no signs of slowing down. His newest book, *The Marshmallow Test: Mastering Self-Control*, aims to “help people understand that they are not simply victims but can learn to control and change how they think and act.”

We all know brides who manage to drop the last 10 pounds they carried around for years before the big day, the couples who give up their worst late-night habits as new parents, or the reluctant runner who chugs through a marathon for charity. These stories echo Mischel’s assertion that self-control can be built up, and that changing

how you think is a big part of that.

The brides, the new parents, and the runner have found a wider frame, a bigger reason for doing what previously seemed impossible. Most of us have varying degrees of self-control, depending on the context. Mischel points out the example of politicians or star athletes who stick to hellish campaigning and training schedules but have a weak will when it comes to personal relationships; they can’t seem to resist an intern, a prostitute, or another’s spouse. Faithfulness clearly rates lower on their list of goals—way behind winning an election or a big game.

When we give in to temptation, we’re choosing the short-term rewards over the long-term ones. The secret to boosting your self-control isn’t to fight off a craving with willpower alone but with a few carefully developed strategies.



## HOW TO BUILD YOUR WILLPOWER

### Change things up.

“People who have high levels of willpower are good at structuring their environment to create habits that work for them,” says Wendy Wood, Ph.D., a professor of psychology and business at the University of Southern California. Want to eat less? Try buying smaller serving dishes to shrink portion sizes. Time to say bye-bye to late-night TV binges? Move the television out of your bedroom. Voilà.

### Avoid your triggers.

If you love ice cream, don’t let that mint-chip yumminess into the house! “Avoiding temptation is easier than resisting it,” says Roy F. Baumeister, Ph.D., the coauthor of

the book *Willpower*.

That “keep it away” rule can help in other situations, too: When you’re trying to complete a project and Facebook is calling your name, download an app from a site like StopProcrastinating App.com or SelfControl App.com. They let you block sites that are stealing your attention.

### Use your imagination to kill cravings.

If you’re determined to break your soda habit, try this trick: Visualize the ingredients that make up your favorite drink—like, say, 10 cubes of sugar. Now do you want to guzzle it?

### Buddy up.

Committing to a plan helps you stick to your goals, and if others are

depending on you, it may make you even less likely to bail. Try organizing a weekly walk with your coworkers. Then any of you can strengthen the “let’s get out there” resolve for the group.

### Go to the dark side.

“Thinking about failure will inspire you to exert more effort,” says Baumeister. Imagine what could happen, for example, if you can’t manage your temper. Let yourself consider the worst, such as a messed-up marriage.

### Build your connections.

Self-control is higher when you’re less lonely. So enlist that new friend to go to a Spinning class with you, then hit the juice bar together.



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## Develop a Game Plan

I gave up smoking five years ago and haven't touched a cigarette since. But now that I want to cut back on alcohol, I can't go three days without succumbing to a glass of wine. I live in awe of my friend Alison, who steadfastly refuses alcohol on Mondays, Tuesdays, and Wednesdays.

Mischel quizzes me on how I quit smoking. I planned in advance to give it up one New Year's Day, I tell him, which chimes perfectly with one of his key strategies of making a **pre-commitment plan**—what he calls the "If/Then" plan. For me that meant, "If it's after January 1, then I no longer smoke." Alison's long-standing plan—no matter what parties or dinners she attends—is that if it's Monday, Tuesday, or Wednesday, then she doesn't drink. No excuses, no caveats.

The same can be applied to eating: If you know you will crumble in the face of a dessert menu, make a precommitment plan to order the fruit salad, no matter what. "We are all terrific at having entitlement theories, which makes it very difficult to exert self-control," says Mischel. "We tell ourselves, 'I've had a rough week' or 'It would be rude to say no to the champagne or cake.'" A precommitment plan keeps you from having to make a decision in the face of temptation, and eliminates excuses.

A former three-packs-a-day man, Mischel gave up smoking nearly 50 years ago using a different strategy. When he was working at a hospital, a man with a shaved head and green x's all over his chest was wheeled past him on a gurney. He had lung cancer and was receiving radiation therapy. "I resolved, there and then, that if I ever had a craving for a cigarette, I would reactivate the image of that man, but imagine that it was me lying there, covered in green marks."

Mischel refers to this strategy as **"Cool the now; heat the later."** People often cave to temptation because the rewards are immediate but the conse-



### DR. OZ TALKS WILLPOWER

I adore warm, doughy bread and am tempted to eat a slice with a nice pat of butter at dinner, but it makes me feel lethargic. So when I eat out, I preemptively cancel the bread basket. I want to make it easier to do the right thing, and whiffing fresh bread does the opposite.

quences are far away in the future. By bringing a worst-case scenario to mind right now, you can reduce the power of the temptation.

Mischel is adamant that dramatic visualizations are effective at combating cravings. "You need to make the image very vivid," he says. "If you're trying to curb your spending so you can pay into a 401(k) plan instead, imagine yourself impoverished and unable to pay your heating bills."

Does all this sound too strict or dreary? Mischel adds that it's important to know when to ring the bell. "Extremes are bad," he says. "To deny yourself pleasures and never treat yourself is to live a joyless life." But remember: Fifty years ago, the kids who managed to distract themselves were rewarded with double the marshmallows. Restraint is no fun now, but there's a sweet payoff in your future.



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# BUILD A BETTER WEEKEND

No surprise to anyone who's ever TGIF'ed: **Saturdays and Sundays** really are key to your mental balance. Maximize them for better health and way more joy.

BY BRIGID SCHULTE

*A happy weekend is yours to design.*

*Grocery shopping and errands are inevitable—just don't let them crush you.*





**IF YOU'RE LIKE ME**, around Thursday you start looking forward to the weekend with sweet anticipation. All that free, unstructured time—60 glorious hours of it! I fantasize about lounging in bed with a mega-mug of coffee. An afternoon cheering at my son's track meet. Errand time spent slicing through my to-do list like a suburban ninja. Date night!

Some of that happens, but often, almost before I know it, it's Sunday evening and I'm nursing a few coulda, shoulda, woulda's. I loved my Saturday but wish I could get a Sunday do-over (or vice versa). I never got around to needed chores, or did so many that, while my house is clean, my spirit is spent.

There are ways to increase the chances of sailing into Monday refreshed and smiling, say psychologists and other researchers. Every weekend will be different, but the best ones are built on these basic principles. Follow us to Saturday/Sunday satisfaction.

## DITCH THE GUILT

It probably won't surprise you to hear that women struggle with the idea of a laid-back weekend. International studies show that we feel we have to *earn* our leisure—by, for example, finishing all our chores first. (Yeah, good luck with that.) We also feel guilty taking “me” time, so ingrained is the idea that everyone else's needs ought to take precedence over ours.

Changing centuries of cultural conditioning is tough. But time off is a necessity, not a luxury. “Having no downtime is a recipe for anxiety and stress,” says sociologist Christine Carter, Ph.D., a senior fellow at the Greater Good Science Center at the University of California, Berkeley. “Not getting it on the weekend makes things even worse, because the *expectation* is that you will.”

So begin with this: As the weekend draws near, take a moment to check in with yourself about what kind of days you're in the mood for.

Perhaps you're exhausted, and a lazy weekend is long overdue. Or maybe you're itching to bring some control to your home, and your cluttered basement is in your sights. Either way, book one meaningful activity that meets your need, and make it the tentpole to your days off. Come Monday, you'll have done what you most craved doing—and that's an automatic win.

## FEND OFF “SOCIAL JET LAG”

Weekends are typically our opportunity to stay up late, party a little bit, sleep in, or otherwise defy our 9-to-5 clocks.

Yet getting a good night's sleep is Carter's top great-weekend strategy. “Staying up that extra hour or two essentially brings on jet lag, just like when we travel to a different time zone,” she says. “It tends to change

**Key for us all: time to do...nothing.**





## INNER LIFE

the time of day we eat, too, which unbalances our blood sugar levels.” When people report feeling irritable or moody during the weekend, she says, this “social jet lag” is often the reason.

That doesn’t mean you’re still tied to your 6:30 A.M. alarm. Carter loves to read in bed on Sunday mornings but has learned to pause and eat something at her usual time to keep her blood sugar levels steady. “The more you can stick to a routine—particularly related to food, sleep, and exercise—the better,” she says. “Otherwise, experiment. Pay attention to when you feel really good and when you don’t. Find a routine that works for you.”



## CHORE SMARTER

As much as weekends are our time to relax, we’ve also got to keep the home fires burning. The dog can’t take himself to the vet, after all.

When Washington, D.C.–area performance and productivity consultant Terry Monaghan asked me exactly what chores I planned to get done, I began rattling off a list from here to eternity—and she laughed. Yes, there are 60 hours in a weekend, she said, but only 60. Try to cram in everything, and you’ll end up feeling just as harried as you do on a regular weekday.

So instead, manage your expectations. As the weekend starts, pick only a few chores to tackle—or just one big one. Simply making that choice will make you happier, since a key element of enjoyment is feeling that you’ve freely chosen what you’re doing and how you do it. (That’s why deciding to clean out the garage can be so satisfying, but getting nagged into it rarely is.) The rest of your list? Delegate, hire out, or let it wait. Chances are, it’s all less urgent than you think.

## PRIORITIZE PEOPLE

To Americans, nothing says relaxation like plopping down on the couch. TV watching is our number one leisure activity. Not far behind: losing ourselves down the rabbit hole of the Web. (Marketing surveys show that social media use spikes on weekends.)

No one’s going to deny the sugary pleasure of Netflix or Pinterest. But according to a recent study out of Stanford University, the reason we’re 15% happier on the weekend than during the week isn’t just that we have free time but that we get to spend it with one another. “Social contact is central to our sense of well-being,” says sociologist and study coauthor Cristobal Young,

Ph.D. “People who spend weekends alone get very little of that boost.”

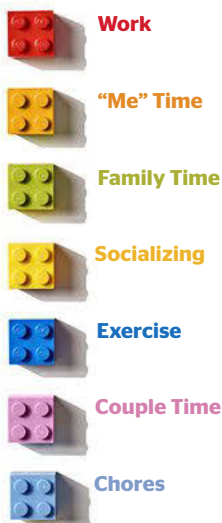
So save your screen time for after-hours (sorry, Olivia Pope), and plot in stretches with those you love. Maybe you tag along when your husband hits Home Depot, even if it’s more efficient to split up. And don’t discount small talk with the strangers waiting in line with you, either. Being open to these moments of connection—instead of rushing through them so you can get more done—is one of the hallmarks of time off.

## LEAVE ROOM TO VEG

One of the most valuable pieces of advice Christine Carter gives to her stressed-out coaching clients is this:

# So, How Was Your Weekend?

### KEY

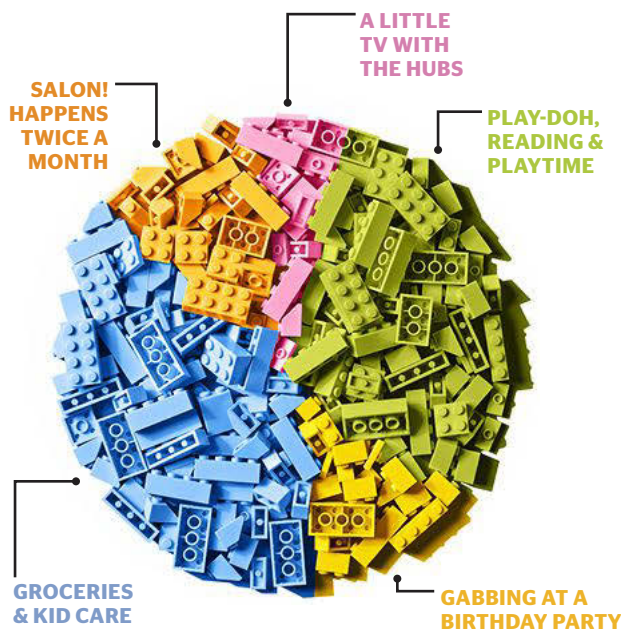


REPORTING BY  
TAYLOR MURPHY



Doctor, Richmond, VA

“Sometimes I pull a 24-hour shift—nada gets done at home! This one was ideal: I ran most of my errands, spent quality time with the kids, *and* squeezed in some for myself.”



PROP STYLING BY KELLIE MURPHY





Take 20 minutes to do nothing.

"So many people feel uncomfortable with that!" she says. "There's

this myth that even on the weekend, you'd be more successful and a better person if you never stopped doing, doing, doing. But downtime's not a time waster."

In fact, daydreaming, doodling, and generally spacing out are what she calls "strategic slacking." Neuroscience has shown that these idle moments open up different pathways of the brain from those you use when you're focused on a task, linking brain regions that don't typically communicate. The result: fresh connections and surprising ideas.

"Idle time is where insights come from," Carter says. "We can't do our best work without it."

## DITCH YOUR JOB PERSONA

When a 2013 study looked at how our Sundays had changed since 1981, one stark finding was this: We now put in about 106 minutes of paid work, a 67% jump.

"Having" to work on your days off will never be a recipe for happiness. But sometimes we decide we'll feel better finishing a project or catching up on emails. Or we really like what we do. Then, what you want to avoid is the mental zigzag that social scientists call "role boundary permeability." That's when you're supposed to be Mom or Wife or Tennis Partner

but keep breaking character to, say, thumb out some emails.

"People think, 'If I just quickly check, what's the big deal?'" says Elizabeth Dunn, Ph.D., a social psychologist at the University of British

Columbia. "But our research suggests that even logging in briefly messes with you, shifting you back to a work mind-set."



Instead, try to contain your weekend work. Preset a time to shut yourself away and work—an hour on Sunday morning, say—and let the office know that's when they'll have you. Once that time is over, open the door, rejoin your weekend, and don't look back. ●



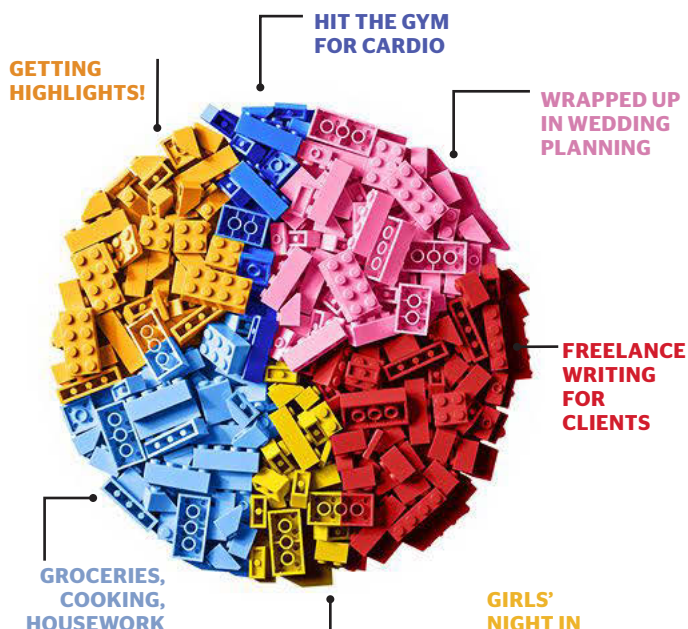
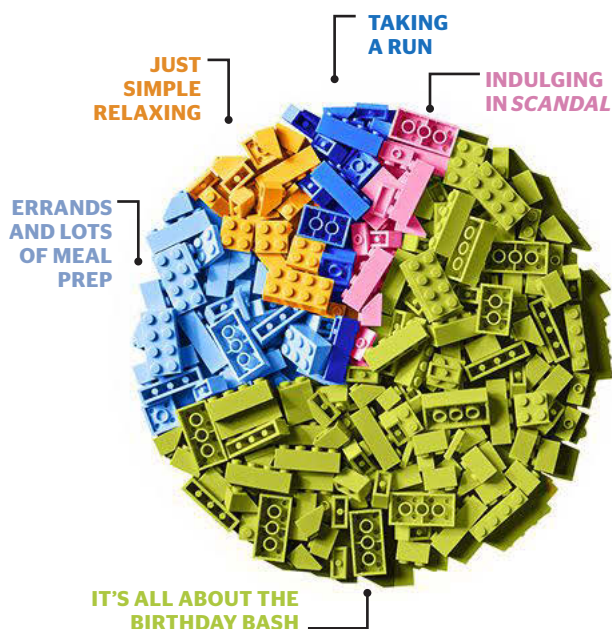
### Stay-at-home mom, Oklahoma City

"It was one of my fuller weekends, with my daughter's 8th-birthday party and family in from out of town. Next one, I'll do nothing—I need time to recuperate!"



### Writer/performer, Los Angeles

"Date night with my fiancé (we spent it planning our wedding!), working out with friends, a little beauty nurturing, and working from home—all good things."







## Mind and Mood Revivers



*A Letter to My Mom*

Created by LISA EKSPANER

### Your Mom Will Love This Book

A little mama appreciation is in order this month, and *A Letter to My Mom* offers just that. In a new collection of thank-yous penned by everyday people, politicians, and celebs, singer Josh Groban writes: "Raising me wasn't easy. I was odd, I was hyper, and sometimes I spoke in my native Martian tongue." Pick up a copy to show Mom you know her job was nothing less than heroic (and that you'd never forget Mother's Day).



### The Big-Hearted Man Behind Big Bird

We all log a whole lot of hours watching Big Bird when our kids are little, so it's fascinating to meet Caroll Spinney, the sweet actor who's been inside that giant yellow costume for 40 years. The new documentary *I Am Big Bird: The Caroll Spinney Story* (in theaters May 6) interweaves bits of Spinney's personal ups and downs with his *Sesame Street* career for surprisingly riveting real-life storytelling.

### See the Beauty in Life, and Your Body Will Benefit

Feeling awe-inspired by anything glorious—from a butterfly to Beethoven—can ward off disease, says a new study. It found that people who experienced "moments of wonder" had fewer inflammatory substances called cytokines that can cause type 2 diabetes, heart disease, arthritis, and more. Work some more "wow" into your life—it's healthy.

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# What the Best “M.D.’s” Have Taught Me



Lisa's mom passes her smarts (and love) to my daughter Zoe.



**IT'S TIME WE RECOGNIZE** a different kind of M.D.—a Mother's Degree. The main credentials? Wisdom gained from experience and the ability to discern real remedies from rubbish. With Mother's Day coming, I want to celebrate

what I've learned from the various moms in my life.

**Heat heals.** Whenever I got sick growing up, my mother would give me a steam bath or have me breathe in the vapor from a warm teapot to help open up airways. In fact, she loved to use heat in all kinds

If I have any patience at all, it's thanks to my mom, who has extra.



of ways—like soothing sore muscles and easing a headache.

**Start with substance.** My mother-in-law, Emily Jane Lemole, will often have brown rice and broccoli for breakfast instead of typical processed, sugary options. She just likes the way real food makes her feel; she says it gives her “life force” in the morning. We often have a similar breakfast—sometimes, it's last night's leftovers!

**The pantry is the new (and old) medicine cabinet.** Emily Jane would rub oregano oil on her kids' chests when they had respiratory infections (it's strong stuff, so she'd prevent skin irritation by diluting it with another oil, like coconut, before using it). It's in our pantry, too, and I always know when the kids are sick, because our home smells like a pizza place.

**Touch is a powerful healer.** When I was little and didn't feel well, my mother used to have me lay my head on her lap. I think it worked for me because human touch releases oxytocin, a bonding chemical that makes you feel good, as well as some endorphins, which can have a pain-relieving effect. My wife, Lisa, amps it up by using touch therapy—her hands feel like heating pads—to help soothe my headaches after a long day.

**Find the cause before fixing the symptom.** Lisa has always believed that we shouldn't cover up our medical problems with temporary fixes, be it with pain pills or some type of symptom reliever. She'd much rather get at the root of what's causing the hurt or sniffle and figure out how to treat that so we're healthier in the long run.

Of course, not every mom-approved cure is study proven, but there's a reason why a mother's remedies are used over and over: They work—and moms know it. Maybe we're just waiting for science to catch up to them.



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## #QAwithDrJ

**Q: Is it really necessary to get an eye exam if I can still see fine?**

**A:** People tend to not think about their eyes until they have a problem. Since we only get one pair of eyes, I think it's important to get an annual eye exam and give your eyes the care they deserve. For daily care, I recommend Alcon because they consistently offer innovative, high-quality products that enhance my patients' lives.

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